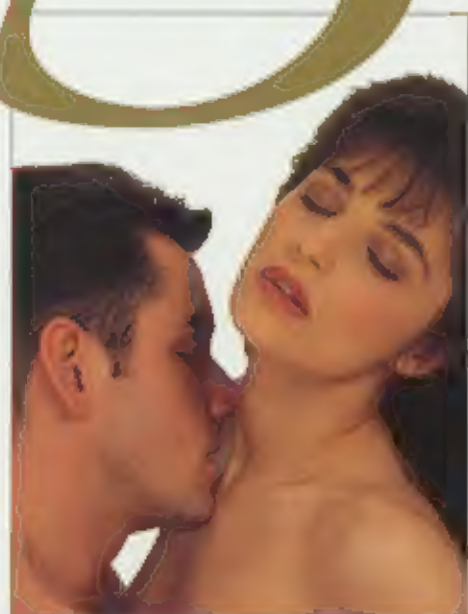


ANNE  
HOOPER'S

# KAMA SUTRA



CLASSIC  
LOVEMAKING  
TECHNIQUES  
REINTERPRETED  
FOR TODAY'S  
LOVERS

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# INTRODUCTION

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*When I was first asked to write a commentary for a new edition of the Kama Sutra, I was less than enthusiastic. In the '60s and '70s there seemed to be dozens of versions*

*of the Kama Sutra. All were removed from my own lifestyle, and I didn't feel there was much I could relate to in the text. Although I'm fascinated by human sexual nature, I'm not very interested in sex practiced as a style of gymnastics. I would defend freedom for the aficionado of sophisticated sexual positions, but I've never felt that athletic poses had much to do with my own sex life. So it was with reluctance that I sat down and began to read a copy of the Burton and Arbuthnot translation, which was first published in 1883 and which I have quoted extensively in this book. To my*

*surprise, I got far more out of the experience than I'd thought possible. I began to understand the sense of humor behind some of the more exotic poses and realized that many of the poses were not just about sex—they were also about the union of body and mind. Some of the sexual poses in the Kama Sutra are yoga positions, and the goal of yoga is to create mental and physical harmony. The Kama Sutra makes sense in our sophisticated world in that we still strive for the experience of ecstasy.*



The Kama Sutra and its associated texts, the Ananga Ranga, *The Perfumed Garden*, and the Tao, are not as baldly sexual as we might assume. There is a connection between these ancient writings and life in the 20th century. It's a connection that centers on feelings. Although it is possible for us to interact sexually with many people, unless we have also cultivated some love

and warmth toward the person who is arousing us, we won't get near the real goal of kama. The concept of kama involves the "enjoyment of appropriate objects by the five senses of hearing, feeling, seeing, tasting, and smelling, assisted by the mind together with the soul." As a concept, kama is just as relevant to us now as it was to the Indians in around AD 400.



The *Kama Sutra* may have been produced at any time between AD 100 and AD 400, and it was written in an India that no longer exists. In those days, the ideal citizen cultivated an ideal life. He surrounded himself with friends, made love as if it were an art form, ate and drank well, was interested in painting and music, and regarded himself as a fair lord and master.

The *Kama Sutra* was written for the nobility of ancient India, by a nobleman. Vatsyayana thought of life as consisting of *dharma*, *artha*, and *kama*. *Dharma* was the acquisition of religious merit; *artha* was the acquisition of wealth; and *kama* was the acquisition of love or sensual pleasure. These ideals are not that dissimilar from the codes we live by today. Although we aren't so focused on religious merit any more, we do pursue self-knowledge and personal growth; most of us would like to

have enough money to enjoy a comfortable lifestyle; and most of us would like to be involved in a loving sexual relationship. The main difference is that the world today is far more egalitarian than it was in the time of Vatsyayana. The *Kama Sutra* was intended as a sort of businessman's textbook—only the subject matter is



Indian painting,  
18th century.

not money, but sex. It was aimed at men because women had very low status then. That isn't to say that women's needs are ignored in the text—they aren't. Pages of detail are aimed purely at exciting the female partner. The instructions concerning female stimulation are explicit. The "work of a man" includes kissing, pressing, stroking, and scratching, and, if a woman should fail to be satisfied by the act of intercourse, Vatsyayana suggests, "the man should rub the yoni [vulva] of the woman with his hand." He even advocates specific sexual positions to suit the sexual match of a couple. "High" congress (see *The Position of the Wife Of Indra, page 71*) permits the maximum penetration when a man with a small lingam or linga (penis) makes love to a woman who has a deep vagina.

"Low" congress (see *The*

*Twining Position, page 75*) allows easy penetration for a man with a large penis and a woman with a small vagina.

Although the *Kama Sutra* tends to be thought of as a book about sex, it is also a book about manners, conduct, and the arts that a cultivated individual was meant to practice. Although some of the things in the original manuscript would be thought of as peculiar in modern times (the art of teaching parrots and starlings to speak, for instance), there are many sensual arts, such as the use of perfumes, music, and foods, which all translate well into modern sexual practice.

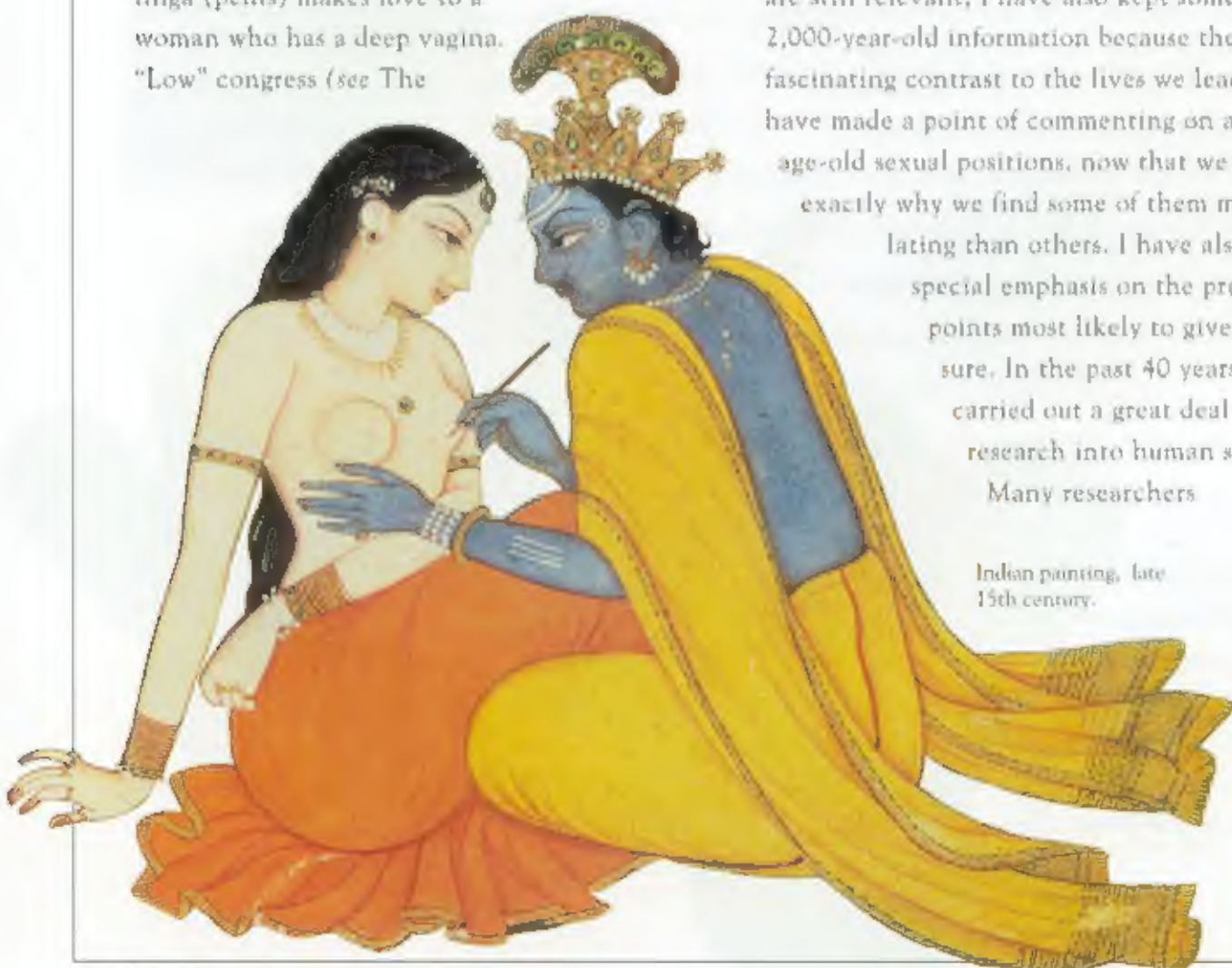
In this version of the *Kama Sutra* I have not only selected the parts of the original text that are still relevant; I have also kept some chunks of 2,000-year-old information because they are in fascinating contrast to the lives we lead today. I have made a point of commenting on aspects of age-old sexual positions, now that we know

exactly why we find some of them more stimu-

lating than others. I have also placed special emphasis on the pressure points most likely to give us pleasure. In the past 40 years, we have carried out a great deal of research into human sexuality.

Many researchers

Indian painting, late  
15th century.





and sexologists, such as Masters and Johnson, Kinsey, and Shere Hite, have documented a wide range of sexual activity, from masturbation to foreplay and intercourse. One of the many tragedies of Hitler's Third Reich was that it resulted in the destruction of decades of sexual research, which American researchers only truly caught up with in the 1970s. On a more personal level, can you imagine anyone in your family handing down the small print of sexual experience from one generation to another? I would be very surprised if your parents told you the intimate details of their own sexual experiences. We don't talk openly about these things. Texts about love and sex, such as the *Kama Sutra*, are few and



far between, but they provide us with a valuable historical and cultural perspective on sex.

#### OTHER LOVE TEXTS

I had been pleased and surprised to discover new items of sexual information from reading this

ancient text, so I decided to take a look at some of the other early sex manuals.

The *Kama Sutra* was just one of the many Eastern love texts to be translated and printed in the Western world, and for this we must thank the famous Victorian explorer Sir Richard Burton and his colleague Forster Fitzgerald Arbuthnot. The *Ananga Ranga*, *The Perfumed Garden*, and the *Tao*—which are also featured and quoted in this book—have a lot to offer as well.

Detail from Persian illustration, showing lovers embracing and drinking wine.



#### THE ANANGA RANGA

Two years after the publication of the *Kama Sutra* in the West, Burton and Arbuthnot brought out the *Ananga Ranga*. This text was aimed specially at preventing the separation of husband and wife. As the author, Kalyana Malla, says, "The chief reason for the separation between the married couple and the cause, which drives the husband to the embraces of strange women, and the wife to the arms of strange men, is the want of varied pleasures, and the monotony which follows possession." Written around AD 1172, the *Ananga Ranga* is a collection of erotic works, including details from the *Kama Sutra*. Its title translates into "Stage of the Bodiless One," a reference to the story of how Kama, the Hindu god of love, became a bodiless spirit when his physical body was burned to a pile of ashes by a stare from the third eye of the god Shiva.

The book appeared shortly before the start of the Crusades—a time of great cultural exchange between East and West. The returning Crusaders brought many new practices back to Europe with them, including some concerned with sex. The tough warlords of the Crusades who survived the

years of fighting had enjoyed the education they subsequently experienced in Arabian, North African, and Syrian harems. Skilled lovemaking was one gain; so, too, were some of the niceties



Indian painting,  
late 17th century.

of erotic refinement, such as cleanliness and sexual foreplay. It is thanks to these imported Arabian ideas that, in the period after the Crusades, we in the West learned the secrets of how to make love well.

#### THE PERFUMED GARDEN

It wasn't until Victorian times, however, that any written volume reflecting the ancient and highly imaginative Arabian erotic culture appeared in the West. *The Perfumed Garden* is a translation of an old Arabic manuscript found around the mid-1800s in Algeria by a French officer stationed there. The author of the original manuscript, Sheikh Nefzawi, probably lived in 16th-century Tunis.

When, on later pages, you read some of the details from *The Perfumed Garden*, you will be aware that Sheikh Nefzawi was a man who possessed far greater knowledge of human anatomy and sexual response than did the early Hindus. Perhaps this isn't surprising considering that the Arabs were famed as doctors and could be found at work in many outposts of the Old World. In practical terms, much of Sheikh Nefzawi's advice is well grounded and based on common sense, although it is not always accurate—for example, he recommends that some sexual positions be avoided in that they “predispose for rheumatic pains and sciatica.”

Although he may not actually have identified the area we now call the G-spot, he still had a good idea that certain sex positions produced particularly pleasurable sensations in women. It soon becomes clear that Sheikh Nefzawi himself must have been very sexually experienced.

*The Perfumed Garden*, like the *Kama Sutra*, deals with more than just the mechanics of sex. Sheikh Nefzawi also writes about sensual foods, aphrodisiacs, and the types of men and women he perceives as sexually desirable.

*The Perfumed Garden* was the third of Sir Richard Burton's publications for the Kama Shashtra Society (shashtra means “scripture” or “doctrines,” and the Kama Shashtra Society existed to translate rare and important texts concerned with love and sex). The original text of *The Perfumed Garden* includes a large section on homosexual practices, which Burton diligently translated. He had just completed this chapter on homosexuality when he died (on October 20, 1890), and his wife, who was opposed to the project, threw the new translation into the fire.



All was not lost, however, because Burton's colleague, Dr. Grenfell Baker, managed to reproduce much of the material from conversations that he had had with Burton before his death.

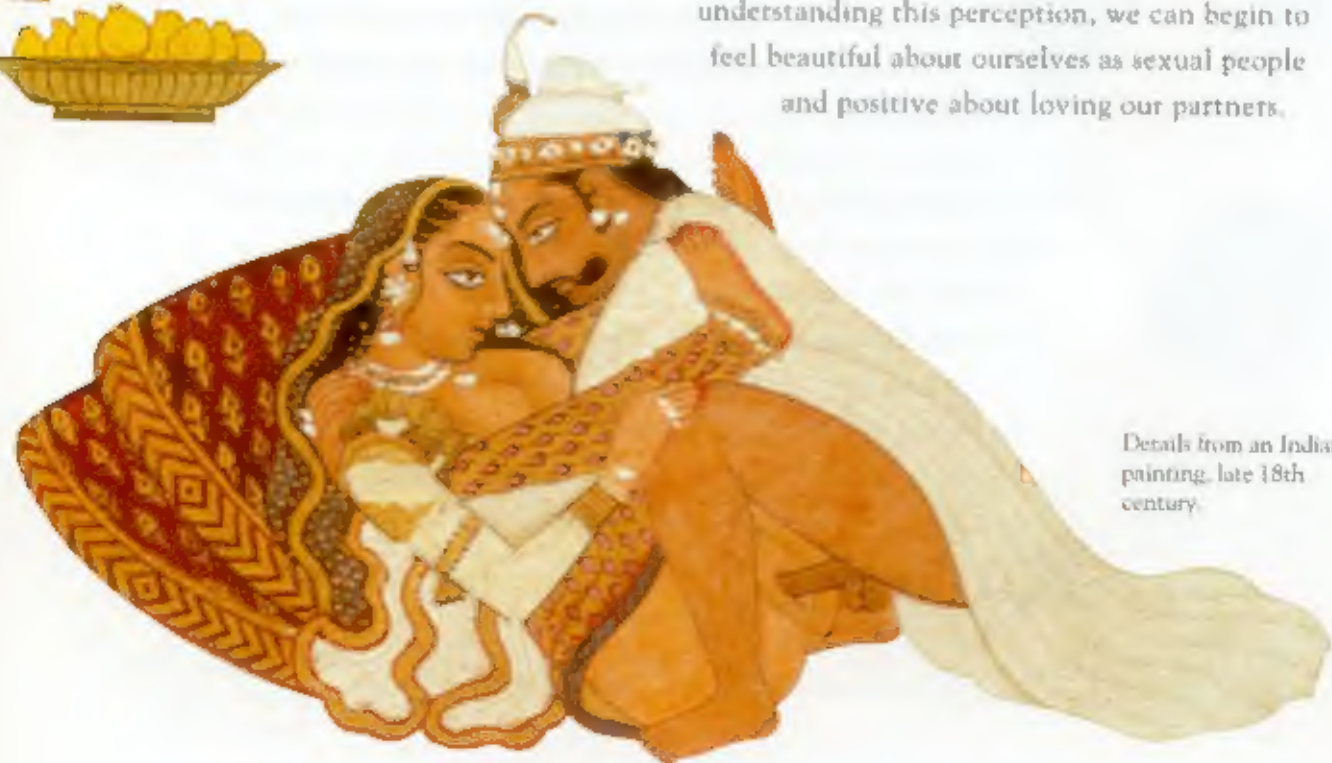
### THE TAO

The *Tao*, which makes up the last part of this book, is a collection of ancient Chinese wisdom. It predates the previous three books, in that this science of life was developed so early as to precede the traditions of ancient Egypt, India, and Greece. The *Tao* is a wisdom that consists of eight pillars: philosophy, revitalization, balanced diet,

"forgotten food" diet, healing art, sexual wisdom, mastery, and success. Taoist sexology promotes the use of sex and sexual energy to improve health, harmonize

relationships, and increase spiritual realization. You can find some *Tao* training programs for increasing your sexual energy in my previous book, *The Ultimate Sex Book*.

Taoist thinkers believe that sexual stimulation should be protracted in order to reach the highest levels of arousal. In the last pages of this volume, I have included a selection of the classic *Tao* sexual positions, so that we can see them in contrast with the others. Many varied sex positions are recommended within the *Tao*, and their purpose is mainly to promote the flow of sexual health and energy. A lot of them differ from the Hindu and Arabic poses, and this reflects differences in the way the Chinese actually viewed sex. Think, for example, about the names of some of the sex positions. There's The Galloping Horse, Butterflies in Flight, Swallows in Love, Silkworm Spinning a Cocoon. These are intensely visual descriptions and it is clear that the ancient Chinese perceived lovemaking as an art form. By understanding this perception, we can begin to feel beautiful about ourselves as sexual people and positive about loving our partners.



Details from an Indian painting, late 18th century.



# USING MY KAMA SUTRA

The original *Kama Sutra* text dealt with a lot more than just sex, but in this book, I have concentrated on the information that relates specifically to sexual foreplay and lovemaking and, where necessary, I have supplemented it with suggestions of my own. For example, I was rather surprised to see that the art of massage



a section on sensual massage (see pages 34–39) on the grounds that it is always a wonderful way to begin lovemaking. Moreover, in the final chapter of the book, I discuss another subject that the *Kama Sutra* never tackled: safer sex. Using a condom is an essential part of modern sex, but rather than viewing it as a chore, I have described ways to make it an integral and erotic part of lovemaking (see pages 154–5).

On the pages based on the *Kama Sutra* and other ancient love books, the text set in italics is an interpretation of the original texts, and my accompanying text, set in a plain typeface, is a commentary that aims to place that interpretation in a modern context. Any additional information that I think complements the text is set in boxes.

The first chapter of this book provides an insight into the ancient Indian attitudes about courtship and foreplay, and I have written my own versions of these rituals and the way that we use them today. In the next two chapters, we move on to such details as embracing, mutual grooming, and kissing the lips.



**FOREPLAY**  
Stimulation of the  
erogenous zones  
heightens desire.

**LOVEMAKING POSITIONS**

Varying the position you use—whether you are lying down (*left*), standing (*below*), or in any other posture—influences the emotional as well as the physical aspects of lovemaking.

Leaving marks on each other's skin is not a practice we endorse today, yet the idea that pleasure can sometimes be close to the experience of pain is not so alien to us. Try to keep an open mind when reading the section on scratching (see pages 40–41). All the practices described in the *Kama Sutra* are open to interpretation, and we can often modify them to meet our own needs.

Who would have thought there are so many different types of kisses? And does it really matter? I think it does. Different types of kisses have different meanings. Light, sensitive kisses are provocative and can set the scene for lovemaking; deep tongue kisses can be as erotic as sex itself. The pages on kissing and mouthplay (see pages 46–63) should help you assess and adapt your own techniques.

Most of this book is, however, devoted to sex positions (see pages 66–149). Because the *Kama Sutra* offers a limited choice, I have supplemented those it describes with positions from other ancient love texts, including the *Ananga Ranga*, *The Perfumed Garden*, and the *Tao*. If the positions are very athletic, or seem difficult, I don't hesitate to say so! I just hope they will inspire you to achieve new heights of ecstasy with your partner.







# PREPARING FOR LOVE

*In all these things  
connected with love,  
everybody should act according  
to his own inclination*







## PERFUMING THE BREATH

Love is a natural passion, but when it is  
arrested by bad breath, it is a sad sight. Not for  
nothing, the Kama Sutra recommends for  
men a breath of fresh air. Fortunately, there is a way to  
keep the breath fresh. They are probably more  
effective than the betel leaves suggested by Vatsyana.

THESE WHO SUFFER from bad breath are often unaware of  
the problem—sometimes because their partner does not  
want to mention it. If you suspect you may be suffering from  
it, ask your partner to be honest with you. However, when  
bad breath is serious and constant, the sufferer should seek  
medical advice rather than

## BATHING TOGETHER

Taking a shower together or sharing the bathtub not only  
removes the grime of the day but also gets you in the mood for  
love. It can be an exciting prelude to make love (but be careful not  
to slip) or may be a prelude to bea

# THE EROGENOUS ZONES

It is said that the most potent sexual organ is the brain. The most powerful feeling of sexual pleasure is a tingling in the plexus of the imagination, sex can become a soulless and mechanical activity. Male or female, what good lovers have in common is a sensitivity and a willingness to explore the sexual zones

that are rather clinically referred to as the erogenous zones. Perhaps we should call these the pleasure zones, for it is by tapping their erotic potential that you can complement the more extreme joys of which the body is capable. No one who is sexually active would deny that the genitals are one of the primary erogenous zones, along with the brain and the skin. But to concentrate on them to the exclusion of the body's myriad other pleasure zones is like eating part of a well-balanced meal and leaving the rest.

The classic books on Eastern sexual practice share an awareness of the pleasure zones. They speak of these in terms of kissing and touching. Of the kiss, for example, the Kama Sutra says that the forehead, the cheeks, the throat, and the breasts. Most of us also appreciate the potential for pleasure in the lips, the neck, the navel, the buttocks. The sensual pleasures of the feet are also well known. The Kama Sutra says that a woman can be pleased by having their calves touched or the inside of their arm. For others, it is anywhere they have skin!

## **Lips, neck and throat**

Lightly touching, tickling or kissing these can be spine tingling or more

## **Breasts and nipples**

A woman's breasts and nipples are very sensitive and get a lot of attention. Fondling, squeezing and kissing can be highly arousing.





# BEST FOOT FORWARD



The feet have reflex connections with the rest of the body when stimulated they not only generate pleasurable sensations for themselves but also transmit them all over the body and limbs and even the head

IN SOME PEOPLE'S MINDS, the only link between sex and the feet is foot fetishism. However, a clue to the potential of the feet as a source of pleasure lies in the significance in massage and Eastern medicine. The toes are particularly sensitive.

## Ankles and calves

Stimulation of some parts of the ankles, calves and shins can be a springboard to sexual pleasure

## Thighs

The sensuousness of the thighs can be heightened by a light touch or a kiss, or by a firm stroke with the hands

## Buttocks

These are visually stimulating areas which respond to touch and massage



# THE SENSUAL SKIN

The skin is the largest organ of the human body, covered with sensitive nerve endings that respond to the gentlest touch and the slightest change in temperature or pressure. For example, on average there are about 1,000 sensory receptors on each inch of sensitive skin. These nerves are scattered all over the skin. The skin is especially sensitive to touch on the lips, the neck, the chest, the buttocks, and the genital area, making these the areas that are especially sensitive to touch.

## THE BREASTS

“He should always make a point of pressing those parts of her body on which she turns her eyes.”

A woman's breasts play a major role in sexual attraction. Woman is the only primate female who has swollen mammary glands when she is not producing milk, which highlights the role of the breasts as being more than simply a means of feeding her young. In addition to serving to attract the male, the breasts are undeniably one of the most significant pleasure zones.

THE NIPPLES AND THE surrounding areas (the areolae) are highly sensitive to touch, and some women can reach orgasm by manual or oral stimulation of the nipples alone. Having their nipples rubbed and kissed and their breasts gently squeezed is more important to most women than many men realize. Even those men who are aware that breast stimulation has great potential for giving pleasure often devote less time to the breasts than their partners would like.

### Kissing and tickling

The nipples are very sensitive, and kissing, tickling, and nuzzling them gently can be highly arousing.

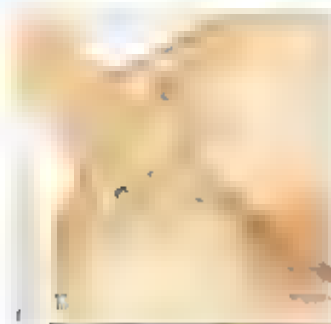


## THE BUTTOCKS



Some men find a woman's behind more arousing than her breasts—especially when the buttocks are accentuated by tight clothing. Like the breasts, female buttocks are usually more pronounced than male ones, and with both breasts and buttocks it is their roundness—for most men preferably coupled with firmness—that lies at the heart of their appeal. Although women are less turned on visually than men, some do find the shape of men's buttocks attractive and even sexually arousing. Those who express a preference tend to favor a firm, compact bottom.

**LIKE HER BREASTS:** A woman's buttocks act both as an attractor, enticing the genitals as they do, and as a source of pleasure. It can be mutually stimulating if the man squeezes, rubs, and lightly slaps them, as well as kissing and biting them gently. The woman may find it enjoyable to do the same for her partner.

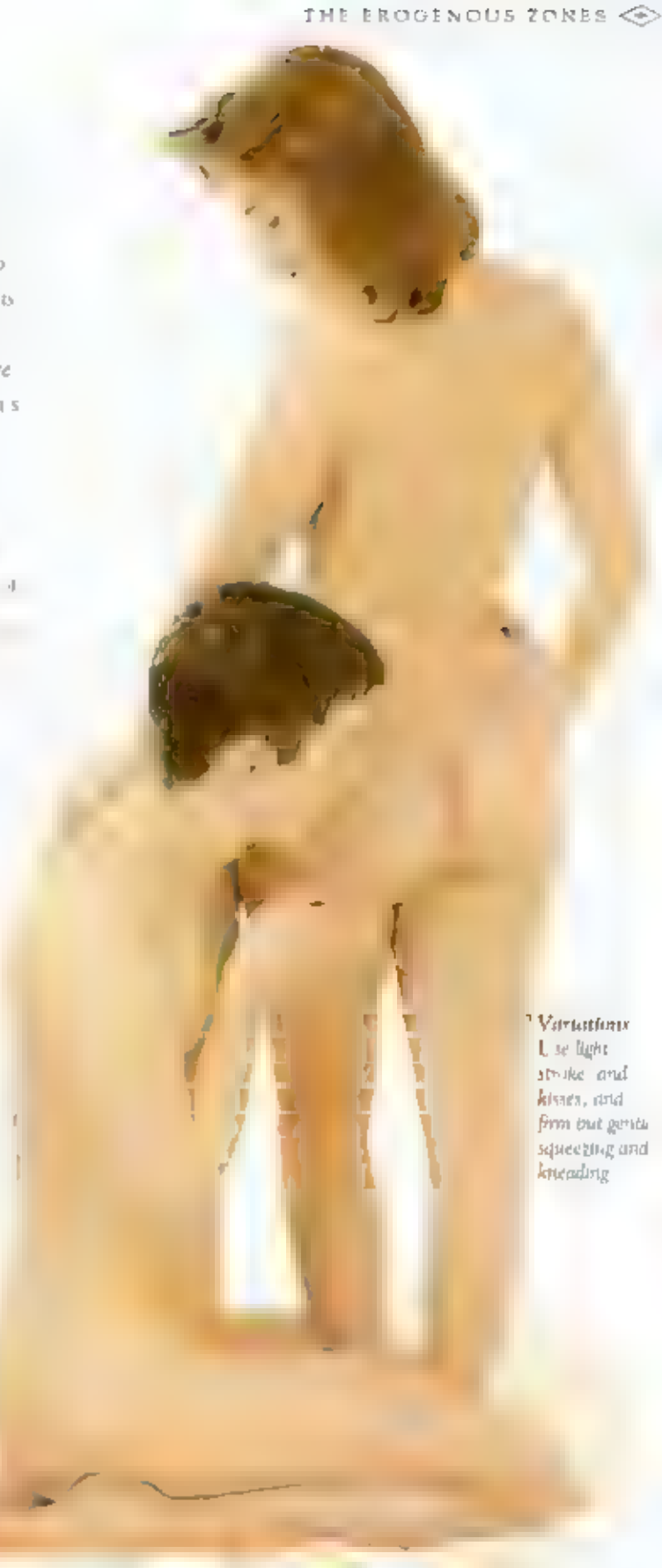


### ANAL SENSITIVITY

If you think of a clockface centered on your partner's anus, with 12 o'clock being the point nearest the vagina (or the testicles), the most sensitive and sexually responsive points are at the 10 o'clock and 2 o'clock positions.

### Variations

Use light stroke and kisses, and firm but gentle squeezing and kneading.





# CREATING THE MOOD

Just as it is important to prepare the bedroom, Vatsyayana would pay careful attention to the room where you and your partner will be. Now, is in the time of the *Nanda Natra*, the winter equinox, is about the setting for love-making. It is a prime opportunity for you to add more decoration to the room with flowers and is fragrant incense.



as Vatsyayana suggests, there are a number of other things you can do to create the right atmosphere.

First, make sure that in cold weather the room is warm enough (but not stuffy), and that in hot weather it is refreshingly cool. It is a good idea to provide background music that enhances the mood—neither too raucous or irritated, as this will not be conducive to a tender exchange, nor too soporific, which will make you feel sleepy. Tastes in music vary widely, but it is important to choose something that makes you and your partner feel relaxed and at the same time alert and attentive to each other.

Naturally you will not want to be disturbed, so it would be wise to turn off the answering machine, if any, the best thing is to turn the phone off, or give it off the hook.

Finally, sexual passion and excitement need a little bit of drink may be linked in the popular image of the evening, but in practice the combination seldom works. When it is after temping to pretence your lovemaking with a dry sherry or even worse with a softer alcohol, neither will do anything for you and your partner, whether just one or both of you have married. Lovemaking is usually best on a satisfied but not exerted stomach, and certainly with a clear head.



#### SCENTING THE ROOM

Give your bedroom a seductive scent by using incense, heated essential oils, or scented crystals.



#### PERFUMING THE SKIN

When you bathe, use delicately scented bath oils to perfume and soften your skin. If you prefer a shower to a bath, use a scented shower gel.



#### OILS AND LOTIONS

Make your foreplay more seductive by smoothing scented massage oils and lotions into each other's skin. For maximum effect, try giving each other a sensual massage (see pages 34-39).



### THE SETTING FOR LOVE

Despite the differences between the modern world and the India of the *Kama Sutra*, when we are preparing for lovemaking we would do well to follow the advice of Vatsyayana, who tells us that the room, "balmy with rich perfumes, should contain a bed, soft, agreeable to the sight, covered with a clean white cloth, low in the middle part, having garlands and bunches of flowers upon it, and a canopy above it, and two pillows, one at the top, another at the bottom. There should also be a sort of couch besides, and at the head of this a sort of stool, on which should be placed the fragrant ointments for the night, as well as flowers, pots containing collyrium and other fragrant substances, things used for perfuming the mouth, and the bark of the common citron tree."

#### FLOWERS

Fresh, fragrant flowers, such as roses, will both decorate and perfume your room.

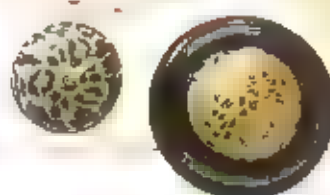


#### CHAMPAGNE AND SILK

A well-chilled bottle of vintage champagne and seductive silk lingerie or nightwear are two of the traditional ingredients for a romantic evening, whether at home or in a hotel.

#### SOFT LIGHT

The gentle, flickering glow of candlelight is much more romantic than electric light but, for safety, keep the candles well away from your bedding and other flammable materials. Scented candles will perfume your room as well as casting a soft, seductive light.





# TOUCHING AND CARESSING

*Women, being of  
a tender nature, want  
tender beginnings*





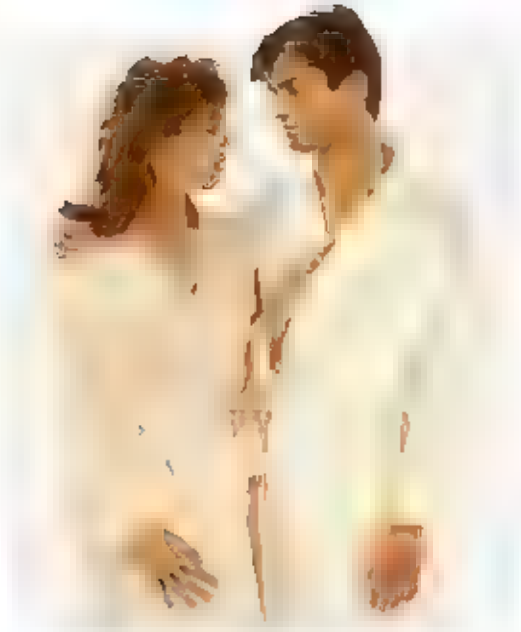
# EMBRACING

In discussing the embrace, the *Kama Sutra* begins by dividing it into eight kinds, which form two groups of four. The first group, which “indicate the mutual love of a man and woman who have come together” are the Touching Embrace, the Piercing Embrace, the Rubbing Embrace, and the Pressing Embrace. The second group, embraces that occur “at the time of the meeting,” are the Twining (or a Creeper) (*Varavechitaka*), Climbing a Tree (*Arikshadhi*), the Mixture of Sesamum [sesame] Seed with Rice (*Tilamulaka*), and the Milk and Water Embrace (*Kshirantraka*). In addition to these eight embraces, Vatsyayana lists four ways of embracing simple members of the body—these “simple members” being the thighs, the *jaghara* (the middle part of the body), the breasts, and the forehead. In describing these embraces, Vatsyayana was probably just categorizing observed behavior rather

## THE TOUCHING EMBRACE

The *Kama Sutra*, in describing this move, says that “when a man under some pretext or other goes in front of or alongside a woman and touches her body with his hand, it is called the touching embrace.”

BETWEEN LOVERS, contrived “accidental” contacts of this type, initiated by either partner, are a playfully ironic way of showing affection.



## THE RUBBING EMBRACE

*rich their bodies against each other. It is called a rubbing embrace.*

*put an arm tightly around their partner's waist.*



## THE PRESSING EMBRACE

*called a pressing embrace.*

*Most famously, LOSTER behavior of this sort, like the  
would object to*

## THE PIERCING EMBRACE

*When a woman in a lonely place bends down, as if to pick up something, and pierces, as it were, a man sitting or standing with her breasts, and the man in return takes hold of them, it is called a piercing embrace.*

HERE, THE WORD "pierces" is clearly a figure of speech rather than a literal description, and probably means simply that she brushes her breasts against the man as she bends.



# EMBRACING AND LOVEMAKING

Vatsyayana divides the four embraces that are given at "the time of the meeting" into two groups. The Twining of a Creeper and Climbing a Tree are used when the lovers are standing, but the Milk and Water Embrace is used when the lovers are sitting or lying down. The Milk and Water Embrace are adopted during congress.

## THE MILK AND WATER EMBRACE

When a man and a woman are very much in love with each other, and, not thinking of any pain or hurt, embrace each other as if they were entering into each other's bodies either while the woman is sitting on the lap of the man or in front of him, or on a bed, then it is called an embrace like a mixture of milk and water.

THIS EMBRACE is a symbol of a total mingling, and it graphically describes how lovers try to lose themselves in each other, especially early in their physical relationship.

## CLIMBING A TREE

"When a woman, having placed one of her feet on the foot of her lover, and the other on one of his thighs, passes one of her arms round his back, and the other on his shoulders, makes slighter sounds of singing and cooing, and wishes, as it were, to climb up to him in order to have a kiss, it is called an embrace like the climbing of a tree."





## THE MIXTURE OF SESAMUM SEED WITH RICE



When lovers lie on a bed and embrace each other so closely that the arms and thighs of the one are enfolded by the arms and thighs of the other and are, as it were, rubbing up against them, this is called an embrace like the mixture of sesamum seed with rice.

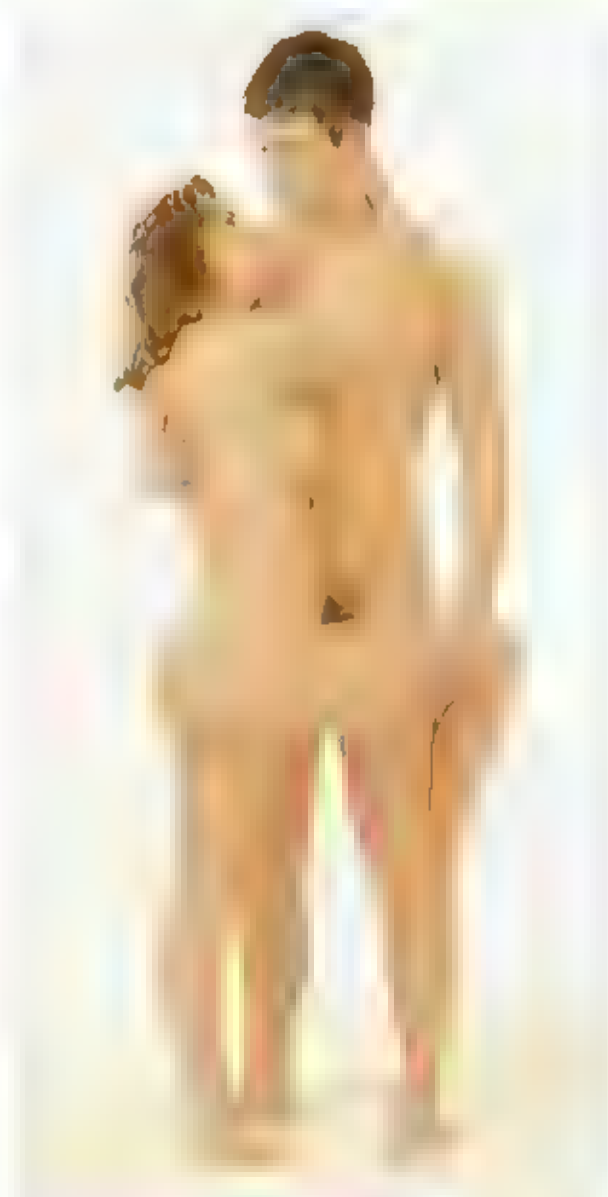
THE NAME OF THIS embrace poet easily evokes the total intermingling of bodies and limbs, mass mixing skin-to-skin contact that is described here.

## THE TWINING OF A CREEPER



The Kama Sutra describes this as "when a woman, clinging to a man as a creeper twines round a tree, bends his head down to hers with the desire of kissing him and slightly makes the sound of sut sut, embraces him, and looks longingly toward him, it is called an embrace like the twining of a creeper."

FROM THIS DESCRIPTION, it appears that Vatsyayana assumed the woman would be shorter than the man, which was probably as common in his time as it is today. The sut sut to which he refers is his way of trying to put articulate sounds into words.





## THE AROUSAL OF MALE DESIRE

"The whole subject of embracing," says the *Kama Sutra* (quoting "some verses on the subject"), "is of such a nature that men who ask questions about it, or who hear about it, or who think about it, desire for enjoyment. Even those embraces that are not mentioned in the *Kama Sutra* [the Holy Writ of Kamas] should be practiced at the time of sexual enjoyment, if they are in any way pleasing to the mind or passion. The rules of the *Shastra* apply so long as the passion of man is middling, but when the wheel of love is set in motion, the rules of the *Shastra* are of no use."

When the passion of man is middling, but when the wheel of love is set in motion, the rules of the *Shastra* are of no use."

## THE EMBRACE OF THE THIGHS

*"When one of two lovers presses firmly one or both of the thighs of the other between his or her own, it is called the embrace of the thighs."*

IN ADDITION TO BRACING the thighs together into this move can also bring the lovers into contact with each other's genitals, helping to increase arousal and desire.



## THE EMBRACE OF THE JAGHANA

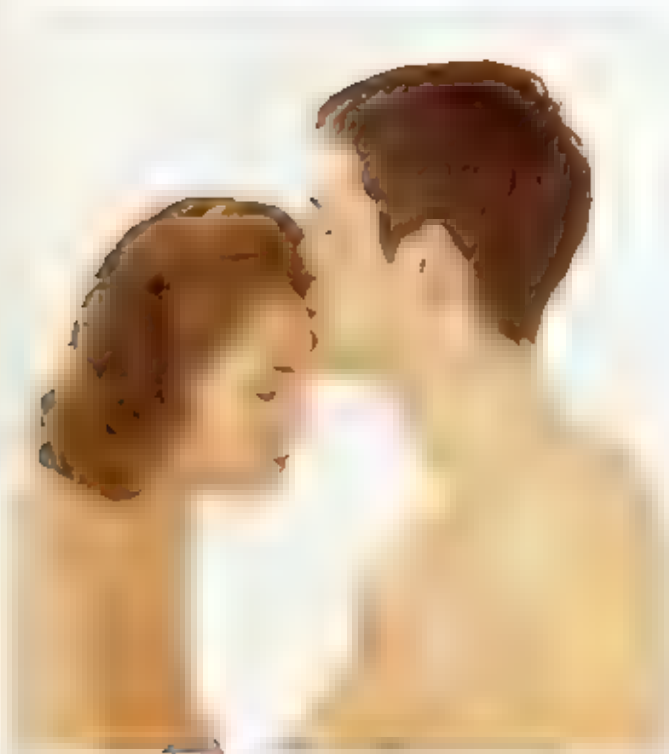
*body against his own, and mounts upon her to practice either scratching with the nail or finger, or biting, or striking, or the embrace of the jaghana."*

THE WORD *jaghana* is the term the *Kama Sutra* uses to describe the area between the navel and the thighs. This embrace is certainly conducive to intercourse, but most lovers today would dispense of the ritualized scratching, biting, and striking that Vatsyayana recommends.

### Full arousal

From this position, lovers may naturally move into a love embrace where both are fully aroused.



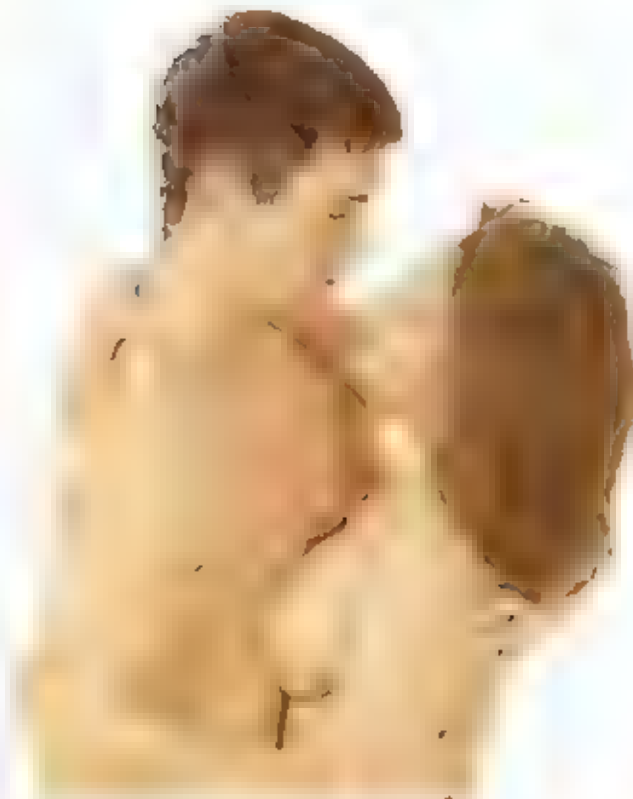


## THE EMBRACE OF THE FOREHEAD



*When either of the lovers touches the mouth, the eye, or the forehead of the other with his or her own, it is called the embrace of the forehead.*

AFFECTIONATE NUZZLING, especially when combined with kissing, is a useful way to foster intimacy and confidence as well as to enhance arousal.



## THE EMBRACE OF THE BREASTS



*When a man places his breast between the breasts of a woman and presses her with it, it is called the embrace of the breasts.*

UPPER-BODY CONTACT like this provides both partners with nipple stimulation, and makes an interesting change from the more usual manual or oral caresses.



# MUTUAL GROOMING

A Hindu text, the *Kama Sutra*, indicates that beard shaving is necessary for men to be attractive to women. It says that if a man is grooming, it can reduce differences between him and his partner and lead to a more satisfying sexual relationship. It also says that a man should groom his face properly for grooming. This preparation can include taking a shower, shaving, shaving his mustache, and washing his face. In Hindu grooming, the hair on the head is also groomed. It is a responsible ritual for a Hindu man. The groomer should be careful to groom the hair properly. If a man is grooming, it can heighten the anticipation of sex with his partner. It is a good technique for a Hindu man and a woman to use together. It can help break down inhibitions in a new relationship, and will reinforce the bonds of an established one.

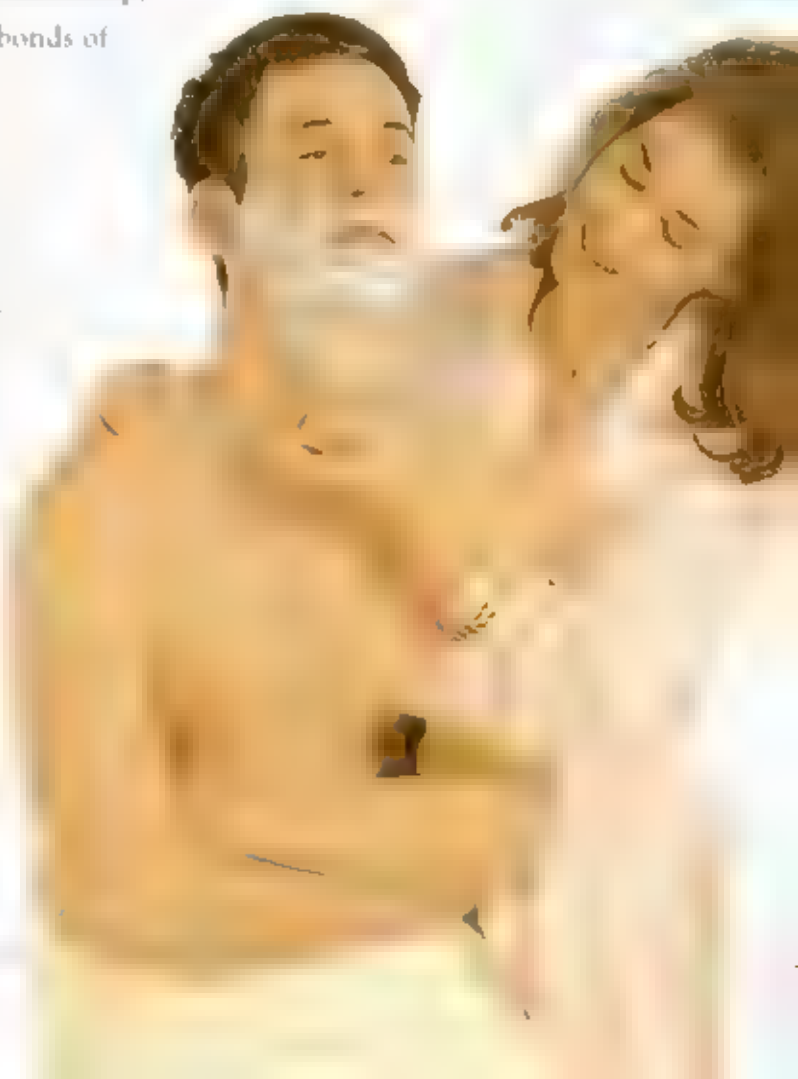
Leather used

of a  
lover, if from the  
embrace of which he  
shave with a razor.

## SHAVING HIS BEARD

The *Kama Sutra* surprisingly recommends that a man shave no more often than every four days. But today, even if a woman thinks a few days' stubble makes her partner look more rugged, she will most likely prefer not to be grazed by his growth when he kisses her. As an alternative to asking him to shave before making love, she could try shaving him herself.

SHAVING IS NOT JUST for men, because many women shave their legs and armpits and some shave off their pubic hair, some people find a hairless pudendum very erotic. If a woman shaves her pubic hair, she will need to shave it regularly because new growth will soon be strong enough to irritate her partner's skin.



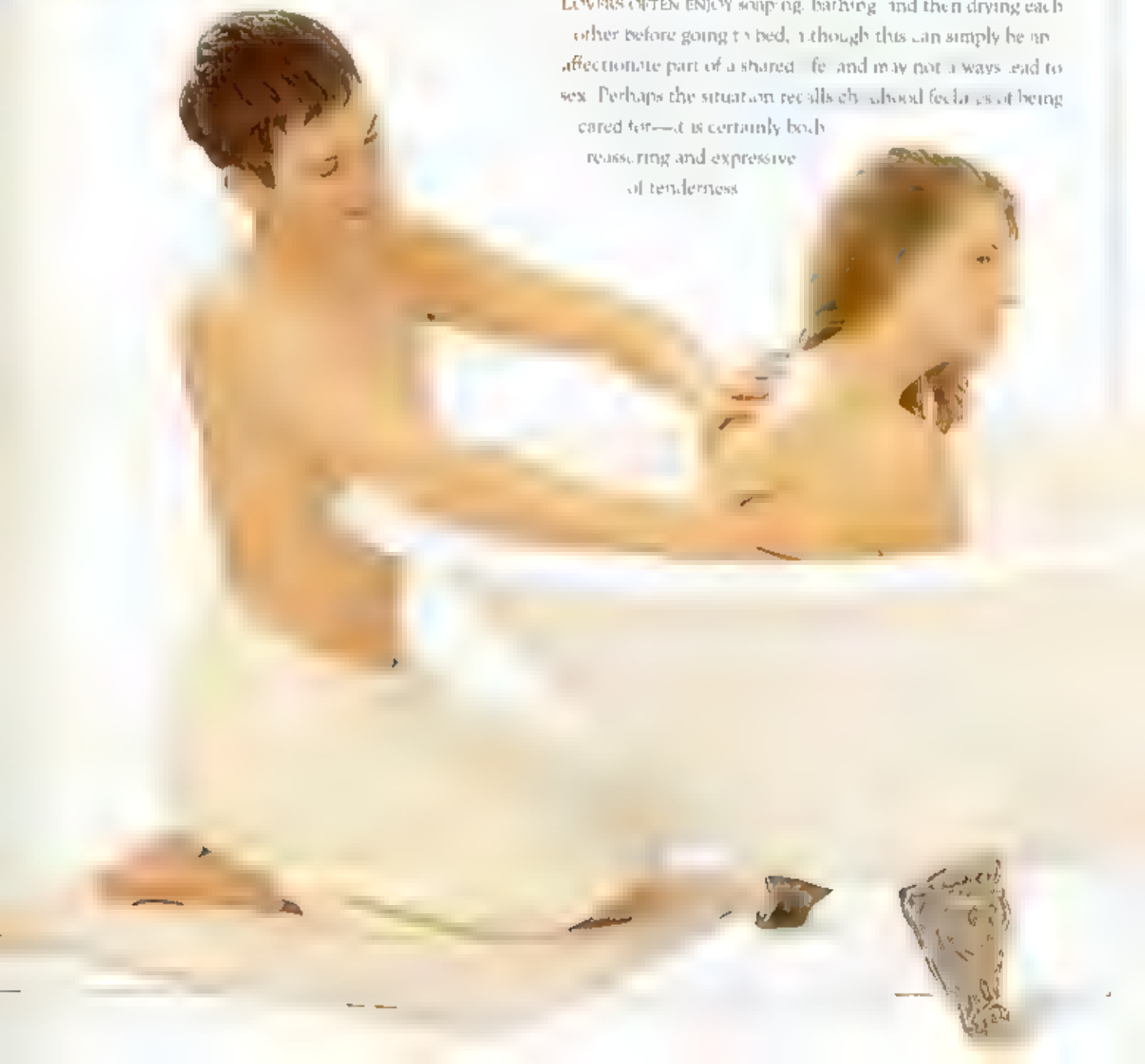
## SHAMPOOING HER HAIR

Vatsyayana says that some people see shampooing as a form of embrace—but he disagrees with this view because shampooing is not performed during intimacy, nor is it done for the same reasons as an embrace. As a prelude to a lovemaking session, however, it is a sensual form of mutual grooming. Whether it is the hair that is washed or, as in the original meaning of the word "shampoo," the body is washed and massaged, it can be a very intimate experience when shared.

### NECK MASSAGE

Before shampooing your lover's hair, help her relax by giving her a gentle neck massage.

LOVERS OFTEN ENJOY soaping, bathing, and then drying each other before going to bed, although this can simply be an affectionate part of a shared life and may not always lead to sex. Perhaps the situation recalls childhood feelings of being cared for—it is certainly both reassuring and expressive of tenderness.



# SENSUAL MASSAGE

Massage is not described in the *Kama Sutra*, but for thousands of years it has been used as a sensual technique to arouse and relax the body. An ancient technique which was used to strengthen and refresh the body for the purpose of lovemaking. This technique is used today to prepare the body for lovemaking, to help the body express its sensual desires, and to help the body relax and enjoy the pleasure of lovemaking. It is a means of making the body much more receptive and relaxed for lovemaking.

Whether or not it is intended as a prelude to making love, the aim of sensual massage is maximum relaxation, and it is important to create a peaceful and comfortable setting. A large bed with a firm mattress, or even a sheet on the floor will be suitable. Place pillows or cushions under your partner's neck, small at the back, and ankles. Make sure that the room is warm and softly lit, and try to ensure that you will not be interrupted. You can use these massage moves individually, combine two or more of them, or build them all into a full sequence, starting at the feet and working up to the head.





## THE BASIC MASSAGE STROKES

You can learn the essentials of massage fairly quickly, and a lot of the following actions are recommended

### EFFEURVING

Slide your palms across the skin, putting your body weight behind the movement. This action should be used first and last in each area.

### KNEADING

With your hands gently curved knead the flesh with a smooth rolling motion.

### PETRISSAGE

Move the balls of your fingers or thumbs in a circular motion to soothe away any muscular tension along the spine. Do not, however, massage the spine itself.

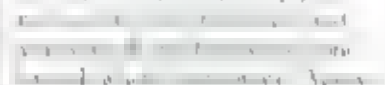
### HACKING

Giving a series of brisk chops with the side of the hand, as in karate, but gentler, is known as hacking. Keep your fingers relaxed rather than stiff.

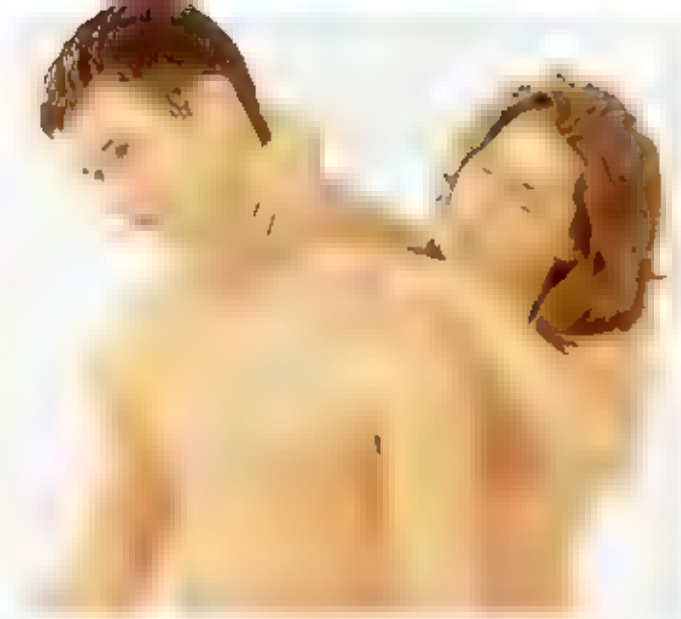
### TAPPING AND CUPPING

Tapping involves drumming with a light tapping action. Cupping is pounding the body with alternate hands that are cupped with fingers together and thumbs folded in.

Whatever massage technique or stroke you use, always keep your



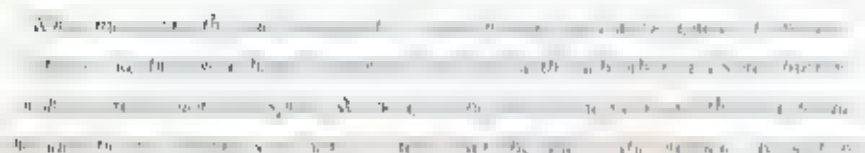
use a suitable oil (see page 47) and agree with your partner on the amount of pressure to be used, since this should always be a matter of pleasure for you both. Also, you should learn to forget your own needs temporarily and concentrate instead on your partner's enjoyment. By doing so, you will attain the prized goal of being able to give and receive pleasure fully.



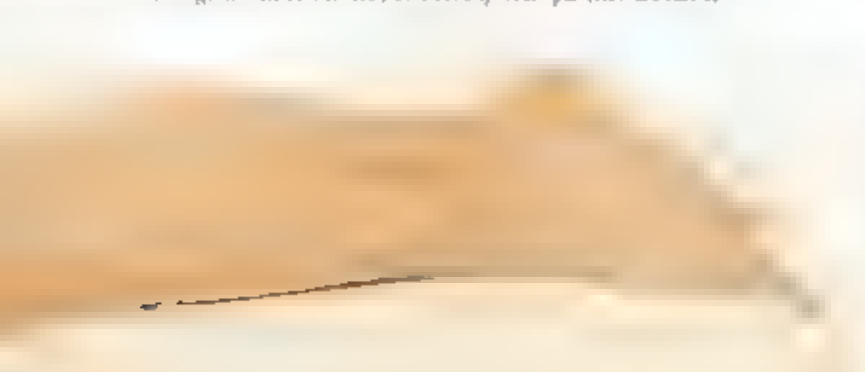
## SHOULDERS AND HEAD

Massage the front of the shoulders, the sides of the neck, the cheeks and the jaw, and then the temples and forehead. Run your fingers lightly over the chin and around and over the lips, eyes, and nose, all of which by now should be pleasantly sensitized. Many people also like to have the top of the head massaged, with an action similar to that used in washing hair.

## BACK AND SPINE



massage about ten times, or more if your partner wishes it.





## USING MASSAGE OIL

All massage oils work better when they have been prewarmed by rubbing them for a few seconds between the hands. Used cold, they come as a shock to the skin. Oil each area before you attend to it rather than oiling the whole body at first. Apply a small amount to the part you intend to massage, and rub it into the skin with smooth but firm strokes. After the massage, the oil can be left to soak into the skin.

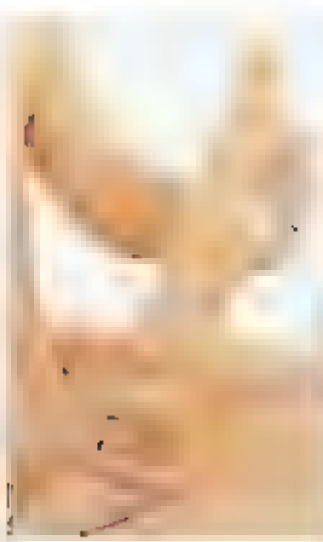
Alternatively, it can be removed by wiping gently with a towel or, more effectively, with rubbing alcohol (although as this must be used cold it can break the spell).

Support

with much love

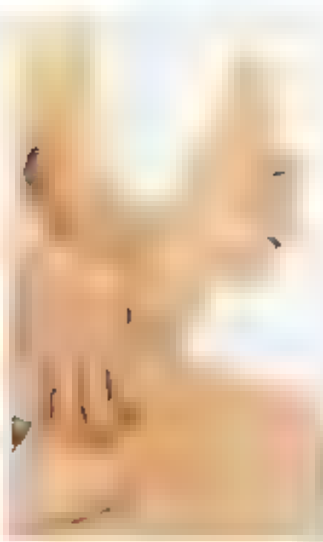
Sit close

to



#### DOWNWARD LEG STROKES

Draw your hands smoothly down from ankle to knee and squeeze the calf muscles gently with your fingertips.



#### UPWARD LEG STROKES

Using the same sort of motion when making a downward stroke, draw your hand back up the leg from knee to ankle.

## FEET AND LEGS



holding each one *in turn*. Before softly rubbing the areas between them. Next, run the palms of your hands firmly over the *soles* of the feet and then along the *tops* of each leg in turn and gently rotate each foot a few times until it *gradually* moves up the leg, paying special attention to the *ankles*, *the knees* and the *thigh*.

#### Position:

lies face down



## MASSAGE OILS AND ADDITIVES

You can massage your partner with dry hands, but your movements will be smoother, especially if you are new to it, if you use a massage oil or a good free massage lotion. There is a wide variety of scented oils, many derived from nuts (particularly coconut) or vegetables. Others, such as almond, olive, grapeseed, and sunflower can be applied straight to the skin, or used as bases for perfumed essential oils such as *lavender*, *sandalwood*, *ylang-ylang*, *geranium* and *rose*. Make a perfume-scented oil for one session by adding up to a dozen drops of essential oil to a dozen (10 ml) of base oil.



Bottles of massage oil

## BUTTOCKS

Make your hands in a loose circular motion over your partner's buttocks, pressing firmly at first — you enjoy the usual pressure he then increases lightly until your hands are just brushing the skin. Then knead and squeeze each buttock in turn.

## ARMS AND CHEST

Starting at the front of the shoulders, work your way down the chest to the arms, using a gentle kneading action and again working downward. After this, work your way up from the thighs using circular movements of your hands (the right hand clockwise, the left hand counterclockwise). Knead the thighs and the groin and move slowly to the pubic area and navel, where gentle pressure is very pleasurable. Pass over the ribs, then trace the shape of the breasts or pectorals with your fingertips and massage them gently.

### Hand action

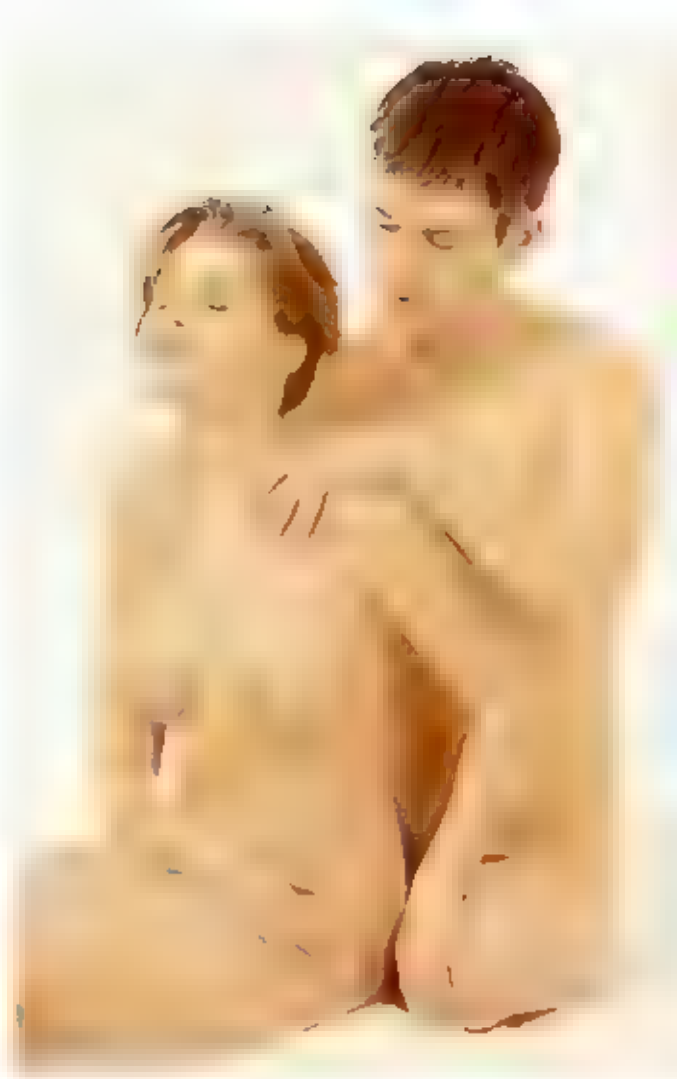
Use your hands in a circular fashion.



## MASSAGE FOR SEXUAL AROUSAL

You can make love better when your body is loosened up by a massage, but if you want to use massage to arouse rather than just to relax each other, switch from the more vigorous techniques to very gentle activity. For example, tracing a line with the fingertips back and forth across the nipples and chest, or the lower abdomen, can be far more exciting than the more forceful movements of conventional massage.

Many other areas respond to insistent "feathering" touch; these include the earlobes, the side of the neck, the back of the arms and thighs, the navel, the buttocks, the calves, and the toes. You need not restrict yourself to using your hands—lie on your partner and rub your body against his or hers, or use your feet and toes to explore hidden recesses—and provide each of you with novel sensations. If the right chemistry exists between a couple, almost every area of the body is highly sensitive to the erotic touch of the lover and can be stimulated to give pleasure and heighten anticipation.



## THE UPPER BACK

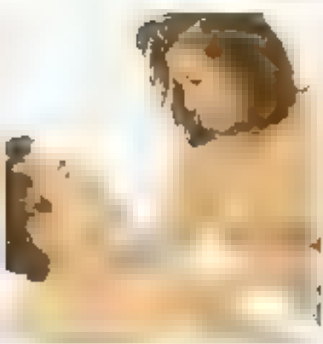


*When you massage the upper back, work on the muscles between the shoulder blades and at the base of the neck. Then bring your hands back down, massaging your partner's sides with your fingertips. Knead the shoulders and, reducing the pressure, the back of the neck.*



# SCRATCHING

While acknowledging that lovers often use their fingernails to express passion in private, one of the main reasons for their control, he Kamasutra insists, is to express their sexual feelings without going too far when the couple is restrained by the social norms of propriety. In the end, he Kamasutra says, any erotic marks created since the beginning of time are a means of reminding the couple to resist the will of their passions.



Such marks excite admiration, Vatsyayana explains, so that "even when a stranger sees at a distance a young woman with a mark, it stirs a heart lost in love and with love and respect for her." The same goes for a man. In the end, he says, Mark creation excites desire for the person, but it must also be used to keep the lovers apart. "If there be no marks of nails to remind a person of the danger, how then I say is created to show a woman that she takes a lot of pleasure. And so, when a man has seen such a woman, he is expected to think twice and to have some other pleasures before he is tempted to go back to her. In this way, a woman is reminded to think with the nail and the

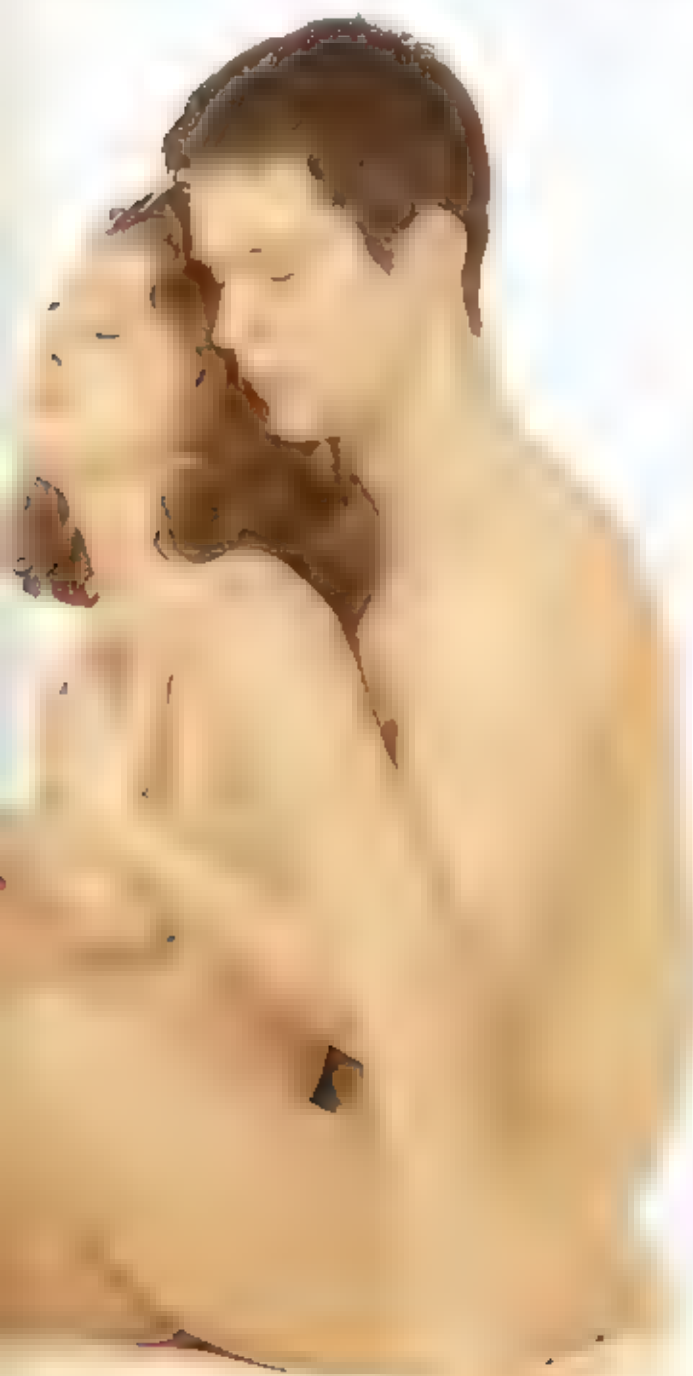
**Nail pressure**  
Press hard enough  
to leave marks but not  
hard as to break  
the skin.



## SCRATCHING

It ~~has~~ it does not suggest that using the fingernails is to anyone's taste. It is clear that the ~~harm~~ to tea regards the ~~use~~ as a useful weapon in a lover's armory.

If LEAVING love marks is based on passion rather than anger or cruelty, both partners may find it fun from time to time.



## THE RITUALIZED BLOWS OF LOVE

The *Kama Sutra* discusses various ways in which harm can be striking can be used by both partners to express their feelings and heighten excitement before and during intercourse. Four different strokes are described.

the back of the hand, the fingers, slightly contracted; the first and the palm of the hand. The bows are most effective on the shoulder, the head, the space between the breasts, the back, the midriff and on the sides.

Modern lovers might well  
 fight more in each other's  
 spontaneity, but violence is  
 theirs too, subject to the  
 passions of the day.  
 And with all women  
 the human struggle  
 exists, the woman's  
 fight for the man's love, man's

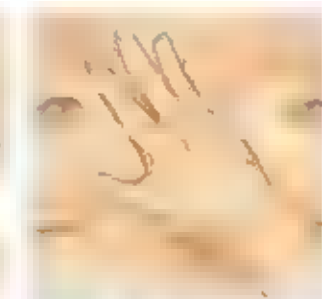
women are frightened and repulsed by such behavior. Those who enjoy ritualized violence are stigmatized in our society as well as being the butt of many jokes. But the aficionados of spanking, for example, will tell you that a light smack with the flat of the hand doesn't actually hurt. It provides a brief, arousing, exciting sensation, and if you're tough enough if those light smacks hurt, you probably have more nerve

med. There is an intention  
to deliver him to Her. He is the  
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U. rufus, *Staphylinidae* sp. nov.

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## HAIR PLAY

[illegible]

## A LIGHT TOUCH

When it is long, a woman's hair falls gracefully on her face or breasts and over her sexually alluring former naked body. If it is long enough, she can even enfold his shoulders and chest with it. And if she is on top, she can position herself so as to wrap it teasingly over his whole body, including his penis, a height no young man deserves.



## REVEALING THE NECK



*Clean, lustrous hair can be a powerful aphrodisiac, inviting lovers to toy with it and bury their hands in it. Its texture and sheen are attractive in themselves, but when the hair is lifted to reveal a soft, delicate neck, the joy is even greater.*

SOMETIMES A MAN will choose this way to make his desire known to a woman, and the animal connotations of an approach from behind usually provide additional excitement for both partners.

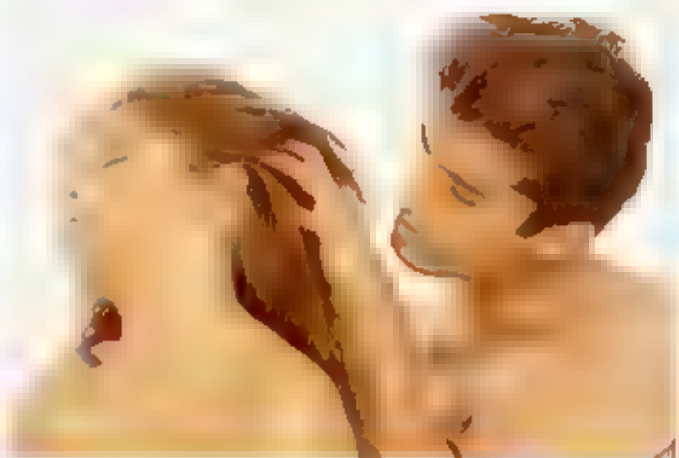


## TACTILE PLEASURE



*Touching touch is one of the most important parts of an intimate relationship, and by running her fingers through her partner's hair while he plays with hers, a woman can increase the tactile pleasure for both of them.*

COUPLES CAN TAKE this a step further by brushing each other's hair or by giving each other a gentle scalp massage.







# KISSING AND MOUTHPLAY

*Men and women, being of  
the same nature, feel the same  
kind of pleasure*



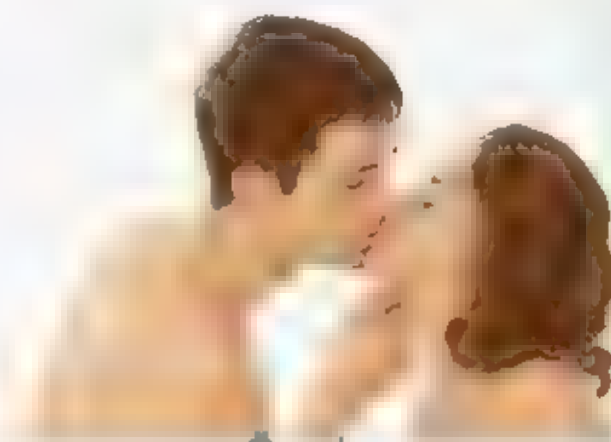
# KISSING

The mouth is in the most sensitive part of the body and the  
 tongue is the most delicate of all parts of the body. Kisses are  
 made of the mouth and tongue. Kisses are made of the mouth  
 in itself, and the *Kama Sutra* recognizes its power of expression by  
 describing it in the different forms of kissing. The different  
 types of kissing are: 1. The first is the simple kiss. The  
 lips are pressed together in a simple manner. The second is the  
 simple kiss. The lips are pressed together in a simple manner.  
 The third is the simple kiss. The lips are pressed together in a simple manner.  
 The fourth is the simple kiss. The lips are pressed together in a simple manner.  
 The fifth is the simple kiss. The lips are pressed together in a simple manner.  
 The sixth is the simple kiss. The lips are pressed together in a simple manner.  
 The seventh is the simple kiss. The lips are pressed together in a simple manner.  
 The eighth is the simple kiss. The lips are pressed together in a simple manner.  
 The ninth is the simple kiss. The lips are pressed together in a simple manner.  
 The tenth is the simple kiss. The lips are pressed together in a simple manner.



THE BENT KISS

kissing takes place "



THE TURNED KISS

called a turned kiss

## THE STRAIGHT KISS

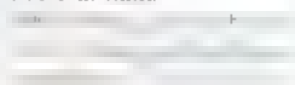


This is the name that the Kama Sutra gives to a kiss in which the noses of two lovers are brought into direct contact with each other.

WHEN LOVERS KISS like this, with their heads angled only slightly to each side, tongue penetration is impractical.

Because of this, the straight kiss is not a means of expressing intense passion, but it is a gentle way of showing affection and expressing the initial stages of desire. It's the kind of kiss that new lovers often use in the earliest, most tentative moments of their physical relationship.

Use your hands

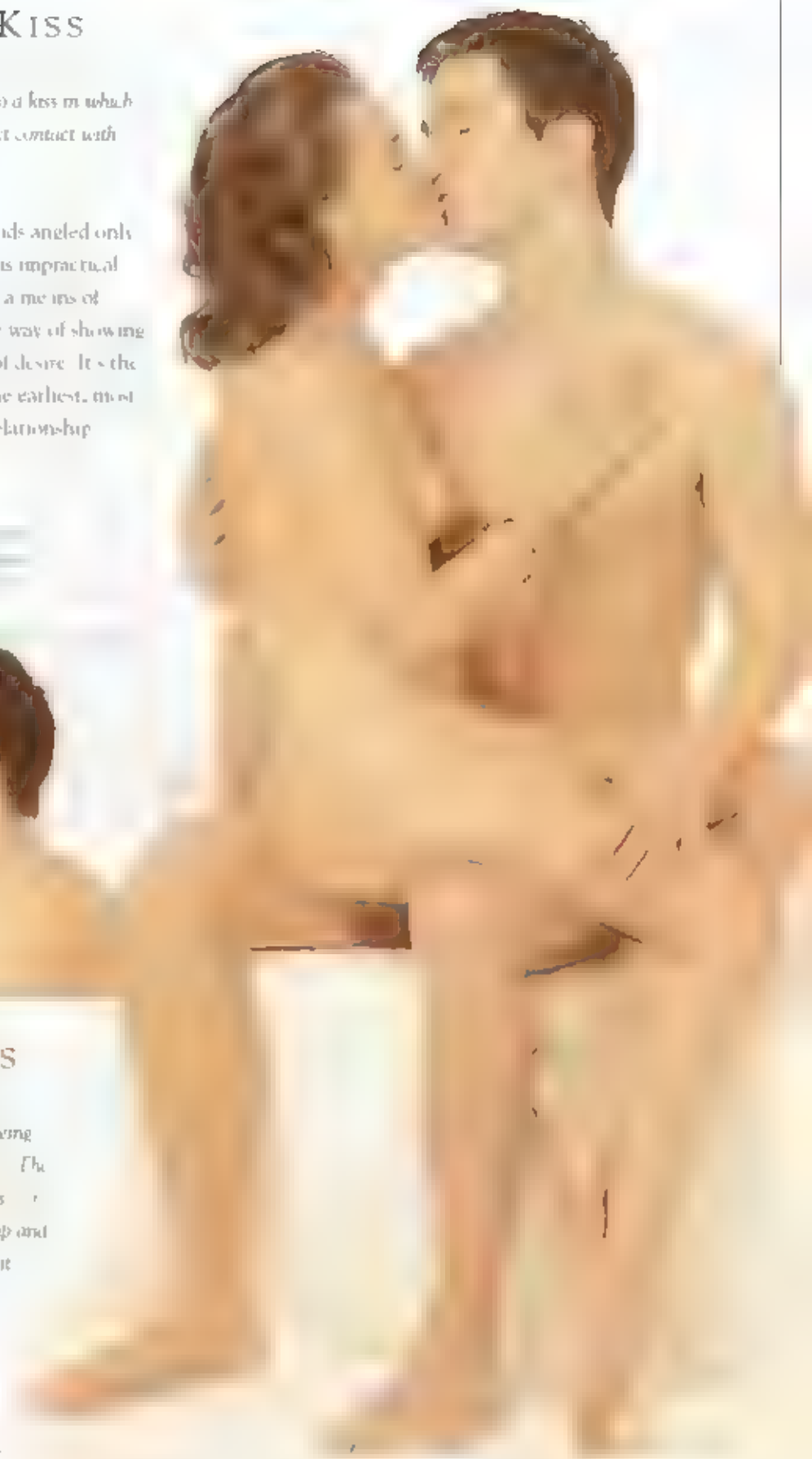


## THE PRESSED KISS



There are two versions of this kiss, the first being when "the lower lip is pressed with much force." The second, shown here, is "the greatly pressed kiss," in which one of the lovers holds the other's lower lip and then, after touching it with the tongue, kisses it with "great force."

THESE ARE NOT really kisses, more an erotic prelude to kissing.



**Increasing sensuality**  
You can make this kiss  
sensual by kissing  
her upper and  
lower lip

## THE KISS OF THE UPPER LIP



According to Vatsyayana, when a man "kisses the upper lip of a woman while she in return kisses his lower lip, it is called the kiss of the upper lip."

IN HIS DESCRIPTION of this kiss, Vatsyayana takes also the woman returning the man's kiss—he takes the initiative—and the name refers to his upper lip when it could just as easily have referred to her lower lip. Later on in his discussion of kissing, however, he makes it clear that kisses can be initiated by women as well as by men. This principle should apply to all areas of lovemaking; women should not be afraid to make moves.

*Get moving*

### **Positions**

The most kisses this one can be given from are one standing or sitting face to face.





Whatever things may be done by one  
of the lovers to the other, the same should  
be returned by the other. ”



## A YOUNG GIRL'S KISSES

In his chapter on kissing, Vatsyayana says that when a couple makes love for the first time, kissing should be done moderately, and not continue for a long time. He later lists the places that should be kissed, then describes three kinds of kisses that a young girl might give her partner. The places to be kissed are, he says, “the forehead, the eyes, the cheeks, the throat, the bosom, the breasts, the lips, and the interior of the mouth. Moreover the people of the Lat country kiss also on the following places, viz. the joints of the thighs, the arms, and the neck.”

However, he seems to have some reservations about the kissing habits of the people of the Lat country, because he then goes on to say, “But Vatsyayana thinks that rough kissing is practiced by these people in the above places on account of the intensity of their love, and the customs of their country; it is not fit to be practiced by all.”

He names the young girl's kisses the Nominal Kiss, the Thrilling Kiss, and the Touching Kiss, and describes them as follows:

### THE NOMINAL KISS

“When a girl only touches the mouth of her lover with her lips, and does not herself do anything, it is called the nominal kiss.”

### THE THRILLING KISS

“When a girl touches her lover's lip with her tongue, and having shut her eyes, places her hands on those of her lover, it is called the thrilling kiss.”

### THE TOUCHING KISS

“When a girl touches her lover's lip with her tongue, and having shut her eyes, places her hands on those of her lover, it is called the touching kiss.”

## THE CLASPING KISS

“However, only takes this kind of kiss from a man who has no mustache. And in the occasion of this kiss, if one of them touches the other's face with his hands, it is called the clasp kiss, and is to be practiced.”

Today, we refer to as French kissing, and the author makes it clear that the initiative can come from the woman just as easily as from the man. In this type of kissing, scrupulous oral hygiene is, of course, essential.

# THE KISS THAT KINDLES LOVE



As its name suggests, this is a kiss that a woman can use to arouse her partner when he is asleep and she is feeling amorous. When a woman looks at the face of her lover while he is asleep, and kisses it to show her intention or desire, it is called a kiss that kindles love.

FROM HIS DESCRIPTION of this kiss and of the Kiss That Turns Away, it is clear that Vatsyayana had no problem with the idea of a woman initiating sexual activity. Nearly 2,000 years later, however, many men still find it difficult to accept the woman taking the lead in lovemaking. But using seductive kisses is often a very effective way of awakening your lover and turning him on, especially in the morning. Whether or not it will work if he has taken asleep after making love is another question.



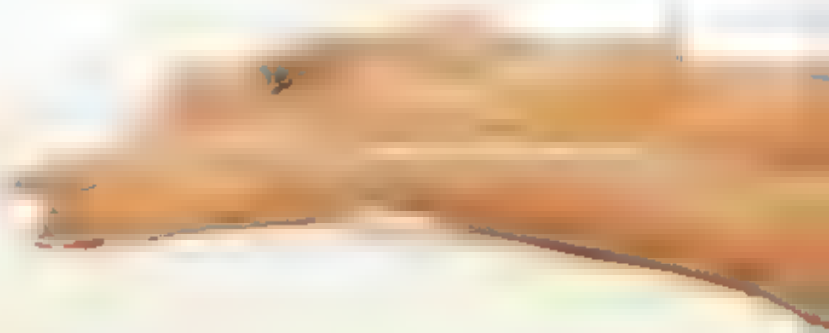
## PLAYING THE KISSING GAME

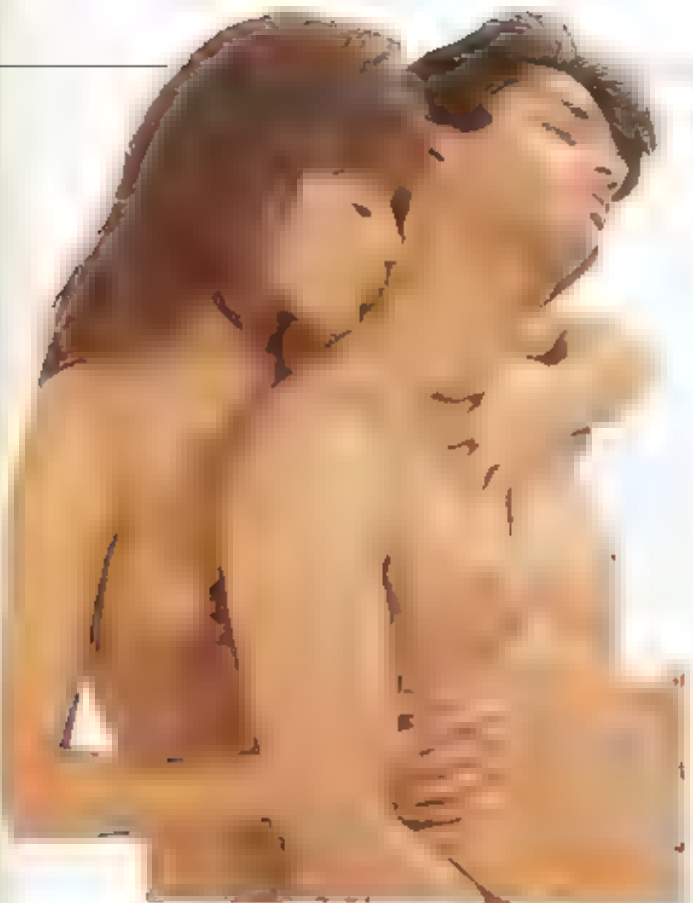
The Kama Sutra describes a kissing game for lovers to play. "As regards kissing, a wager may be laid as to which will get hold of the lips of the other first. If the woman loses, she should pretend to cry, should keep her lover off by shaking her hands and turn away from him and dispute with him saying, 'Let another wage be laid.' If she loses this a second time, she should appear deeply distressed. And when her lover is off his guard or asleep, she should get hold of his lower lip and hold it with her teeth so that it should not slip away and then she should laugh, make a loud noise, deride him, dance about, and say whatever she likes in a joking way, moving her eyebrows and closing her eyes. Such are the wagers as far as kissing is concerned, but the same may be applied to pressing, scratching, biting, and striking.

## THE KISS THAT AWAKENS



This version of the Kiss That Kindles Love is for a man to use on his partner. "When a lover coming home late at night kisses his beloved who is asleep on her bed in order to show her his desire, it is called a kiss that awakens. On such an occasion the woman may pretend to be asleep at the time of her lover's arrival, so that she may know his attention and show respect from him.





## THE KISS THAT TURNS AWAY



According to the Kama Sutra: "When a woman kisses her lover while he is engaged in business, or while he is quarreling with her, or while he is looking at something else, so that his mind may be turned away, it is called a kiss that turns away."

A WARM, LINGERING kiss (or kisses) can take your lover's mind off other things and, like the Kiss That Kindles Love, direct it toward thoughts of lovemaking. If your partner is one of those men who thinks that his sexual role is to be receptive and finds it difficult simply to relax and let you give him pleasure, you can overcome his resistance by following your kisses with a sensual body massage. Move on from this to a more directly sexual form of activity, such as massaging his genitals or even oral sex, and any reluctance on his part will soon evaporate.

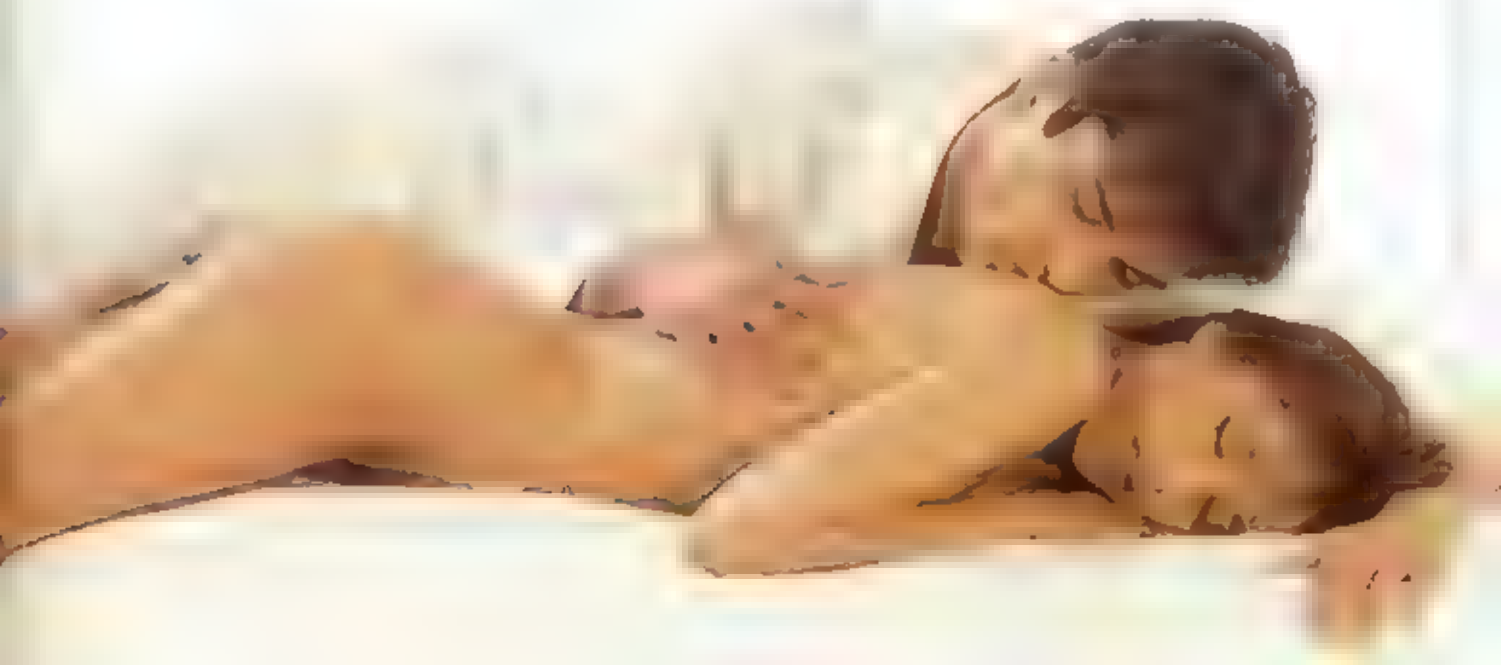
### Use your hands

Use your hands to kiss her neck.

### Where to kiss

Use the kiss her neck.

Use the kiss her neck.



# KISSING THE BODY

Although the lips and breasts are especially sensitive to the touch of the mouth, most parts of the body, including the nips, respond to kissing. As general rule, the closer the kisses, the more intense and irresistible the pleasure. There is no need for either partner to remain passive, because body kisses can be enjoyed by both partners at the same time, especially if they connect their heads. The *Kama Sutra*, which is a sexing advice, says that, according to where on the body it is given, the intensity of a kiss should vary: it should be moderate, contracted, pressed, or soft.

## BREAST KISSING

The most effective kisses are those that are applied gently on the breasts, where the nipples may be sucked or rubbed gently. The nipples deserve special attention, because, for many women, nipple stimulation is a favorite way to achieve orgasm.

When a man is not kissing and fondling his partner's breasts, because for most women this produces a response that is as emotionally satisfying as it is physically exciting. Often, if her breasts are ignored in favor of her genitals, a woman feels cheated.

### Thighs

Kissing the thighs creates very strong feelings.

### Back and spine

Lightly kissing the length of the back and spine is a very effective way to arouse a woman.



## EVEN MORE TYPES OF KISSES

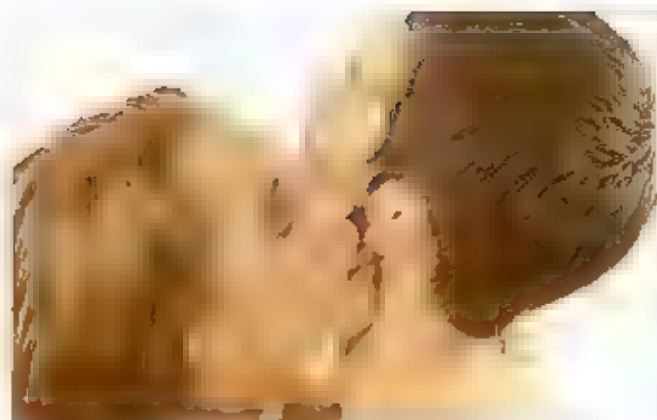
Among the Kama Sutra's many descriptions of kisses is one called the Demonstrative Kiss. It is given when "at night at a theater, or in an assembly of carousers, or coming up to a woman kisses a finger of her hand if she be standing, or a toe of her foot if she be sitting, or when a woman is snoring, [a lover] covers body places her face on his thigh (as if she was

and kisses his thigh or great toe

Another kiss described is the

person "kisses a child sitting on his lap, or a picture, or on the ground, in the presence of the person beloved by him." A third type, the Kiss Showing the Intention, is when a person "kisses the reflection of the [person] in a mirror, or on a wall."

Kissing your lover's reflection in a mirror or elsewhere is just not possible unless you are in love with yourself, in which case you end up kissing your own reflection.



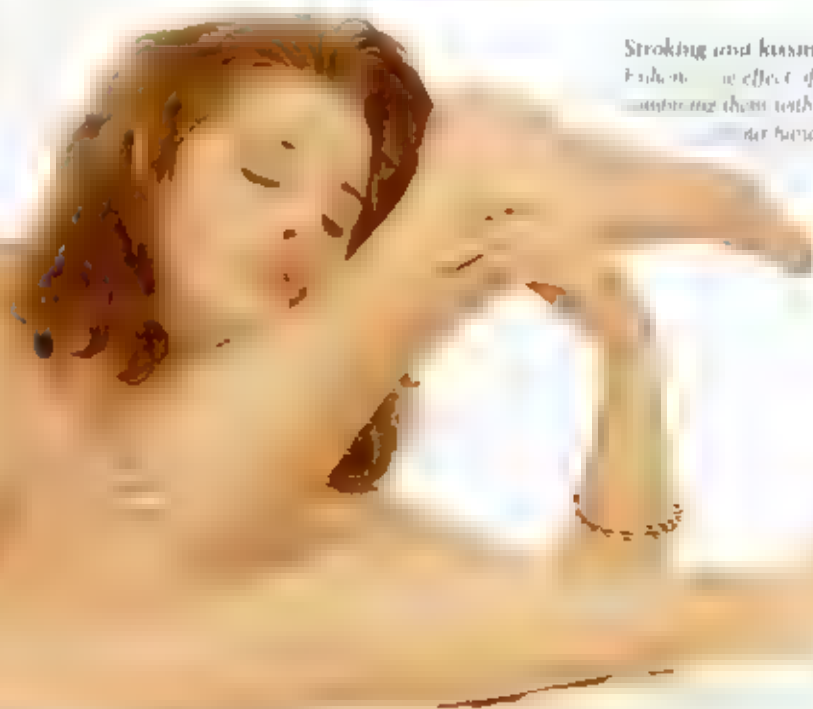
## KISSING AND LICKING

... applies the mind to the thighs, and the backs of the knees. The greater your self-control in delaying penetration, the richer the rewards when it does come.

... or exploring it all over with your tongue ("tongue bathing"),

### Stroking and kissing

Enhance the effect of your kisses by combining them with sensual strokes of your hands and fingers.





# BITING

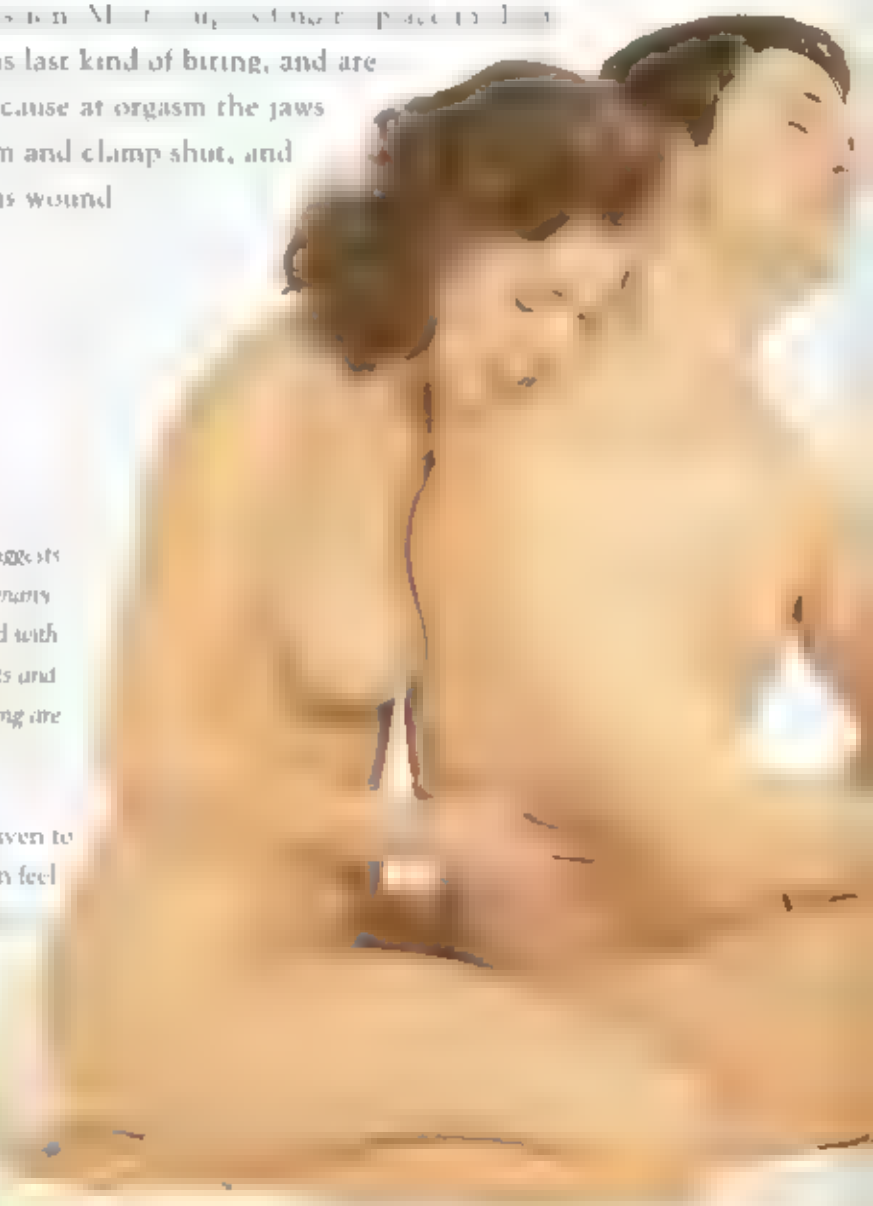
The technique of the third kind of biting, an important part of the seven types mentioned in the Kama Sutra, is the different kinds of bites in the neck. Biting can be given in many ways, and the sexual partner gets from a playful nip, more or less, than a bite, or a scented sucker, that leaves a pronounced mark and a scratch. He must come to a decision whether a bite is a sexual act, or whether the teeth are brought to play when the couple is in a playful mood. For lovemaking for this last kind of biting, and are sensible not to, because at orgasm the jaws often go into spasm and clamp shut, and can inflict a serious wound.

## THE BITING OF A BOAR



*For marking the shoulder, the Kama Sutra suggests this bite, which it describes as consisting of "many broad rows" of marks near to one another, and with red intervals. This is impressed on the breasts and the shoulders, and these two last modes of biting are peculiar to persons of intense passion.*

RESEARCH HAS REVEALED that women are given to biting during lovemaking, while many men feel somewhat ambivalent about it and even a little nervous about being bitten. It has been suggested, by way of explanation, that because men are generally more muscular than women, it comes more naturally to them to express their passion through forceful bodily gestures rather than by biting.





## THE BROKEN CLOUD

*The Kama Sutra describes this as the "bhang which consists of unequal risings in a circle and which comes from the space between the teeth" and specifies that these marks are to be impressed upon the breasts.*

MOST COUPLES WHO ENJOY giving love bites draw the line at breaking the skin, preferring to suck their partner's flesh often with the intention of leaving a mark as a token of possession. This type of ritual biting, intended to raise the skin into the spaces between the teeth, rather than to pierce the skin, serves a similar purpose.



## THE BITES OF LOVE

The Kama Sutra lists eight different types of ritualized biting for use in lovemaking. In addition to the Broken Cloud and the Biting of a Boar, these are:

### THE HIDDEN BITE

"The biting that is shown only by the excessive redness of the skin that is bitten, is called the hidden bite."

### THE SWOLLEN BITE

"When the skin is pressed down on both sides, it is called the swollen bite."

### THE POINT

"When a small portion of the skin is bitten with two teeth only, it is called the point."

### THE LINE OF POINTS

"When such small portions of the skin are bitten with all the teeth, it is called the line of points."

### THE CORAL AND THE JEWEL

"The biting that is done by bringing together the teeth and the lips is called the coral and the jewel. The lip is the coral, and the teeth the jewel."

### THE LINE OF JEWELS

"When biting is done by all the teeth, it is called the line of jewels."

Vatsyayana also specifies where on the face and body these various bites are to be used: "The lower lip is the place on which the hidden bite, the swollen bite, and the point are made; again the swollen bite, and the coral and the jewel bite are done on the [left] cheek. Both the line of points and the line of jewels are to be impressed on the throat, the armpit, and the joints of the thighs, but the line of points alone is to be impressed on the forehead and the thighs."

# CUNNILINGUS

It is perhaps not surprising that the author of the *Kama Sutra* expresses an ambivalent, even coy, attitude to oral-genital contact. For even now, although oral sex is widely enjoyed and more freely discussed than ever before, there are people of all ages (including some who are otherwise sexually active) who disapprove of cunnilingus and fellatio, or who at least never practice them. In addition, while there are those who condemn both, there are many others who disapprove of cunnilingus but are so not so dismissive of fellatio. Their view echoes that of Vatsyayana, who concentrates on the pleasure the man derives from fellatio and covers cunnilingus very summarily. We cannot be sure what his reservations about cunnilingus were, but it is likely that the priority historically placed on the man's pleasure and the question of hygiene both played a part. Nevertheless, many people now, especially women, have no such inhibitions and enjoy the sensations and special feeling of intimacy provided by oral sex.

*to her thighs  
Kiss and tick her  
inner thighs as well  
as her perineum*



## CLITORAL STIMULATION

Use your tongue upward over the shaft and head of her clitoris. Your partner can be standing, sitting, or lying on her back. If she is one of the many women who enjoy manual stimulation and can experience a series of orgasms from it, she will usually be more comfortable lying down. Stimulate each side of the clitoris in turn, moving from

## STIMULATING THE PERINEUM

When she opens her legs wide, you can get between them to lick her perineum. The perineum is the area between the vagina and the anus, and in most women it is rich in nerve endings and so is very sensitive to being touched, stroked, or licked. Stimulation of

### Self-stimulation

CLITORAL STIMULATION

### CLITORUS AND PERINEUM

### licking the clitoris

Lick upward, and always be gentle because the clitoris is

### licking the perineum

Use the tip of your tongue to lick up and down her perineum.



## GENITAL KISSING

When you give your lover oral sex, a good way to create a slow but highly erotic crescendo of arousal is to kiss and lick her abdomen, her lower belly, and the insides of her thighs, slowly working in toward her genitals. Move on from this to kissing and licking her pubic mound, the outer lips of her vagina, and then her clitoris. A gradual approach such as this—perhaps even starting at her breasts and nipples and then working downward

little unsure about indulging in oral sex and needs a gentle introduction to genital kissing

## LABIA AND VAGINA



**LICKING THE LABIA**  
Run your tongue along and between the labia (large lips) of her vagina and kiss them



**PENETRATING STROKES**  
Use both deep and shallow strokes, moving your tongue up and down as well as in and out







## STIMULATING VAGINAL LUBRICATION

As a woman's body becomes more sexually aroused, lubrication begins to flow. However, if a woman is not sexually stimulated, and clitoral rigidity is one of the best ways of stimulating her. This lubrication, besides allowing the vagina to receive a fully erect penis without discomfort, actually changes the way in which genital touch is experienced, making it pleasurable and full of sensuality. The actual stimulation doesn't have to be too sexually explicit on the vagina, and it though it is usually more effective when it is. The sexiest and most erotic method of getting a woman to lubricate is through foreplay and by just touching her on the breasts. Women who do not produce very much natural lubrication should use one of the many water-soluble creams and gels that are specially formulated for use as vaginal lubricants. These are inexpensive, and available from any pharmacy.

## TONGUE INSERTION



When you use your tongue to stimulate her, vary the strokes. Use shallow strokes with the tip and deep strokes with the blade. One of the secrets of giving good cunnilingus is to vary the strokes to give her an ever-changing range of sensations. Don't continue for too long with the same stroke unless she asks you to.

### Relax

Lie back, relax, and enjoy the pleasure he is giving you.

### Hand action

Use your hands to give her extra stimulation.



# FELLATIO

And like the *Kama Sutra*, as described in the *Arthashastra*, it does to cunnilingus, its coverage of the former is nevertheless strange from a modern point of view. Vatsyayana describes

the sexual activities of eunuchs, which were practiced by eunuchs on their masters. He tells how eunuchs

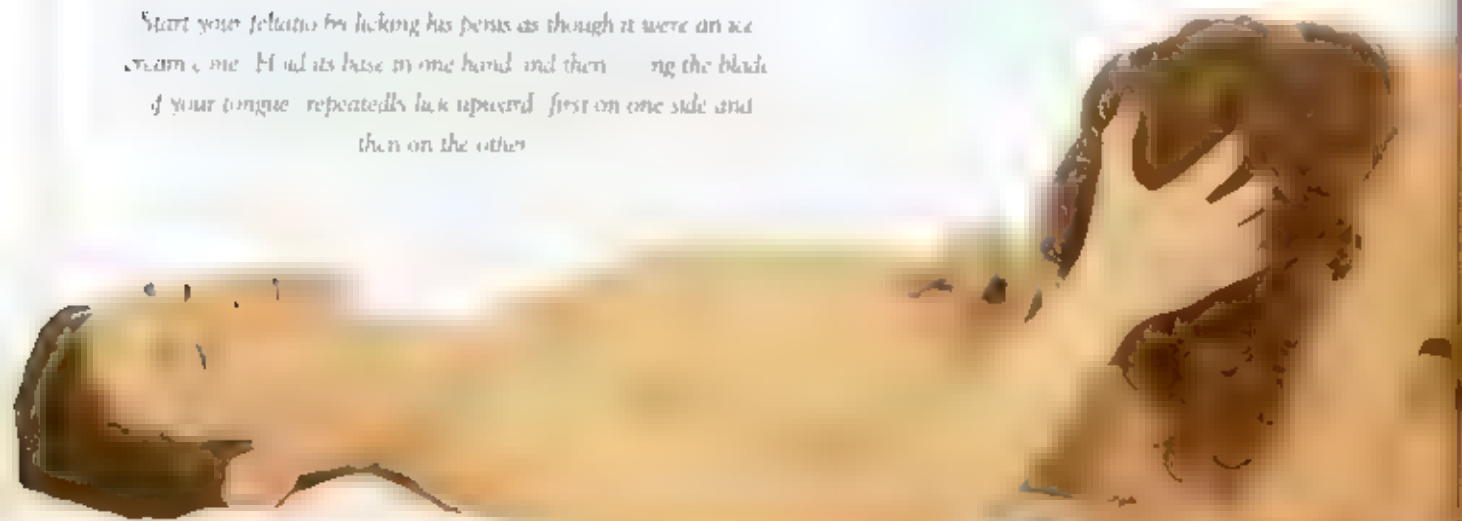
disguised as females" led the life of courtesans, whose duties included fellatio, while "eunuchs disguised as males keep their desires secret, and when they wish to do anything they lead the life of shampooers." Vatsyayana goes on to explain how, under the pretense of shampooing (washing and massaging the body), the eunuch fondles and excites his master, eventually pleasuring him with eight kinds of fellatio, one after the other. Master and servant play a tantalizing game in which "at the end of each of these, the eunuch expresses his wish to stop, but when one of them is finished, the man desires him to do another, and after that is done, then the one that follows it, and so on."

Nowadays, gay men continue to share the pleasures of fellatio, but at the same time it is a highly satisfying complement to cunnilingus in a heterosexual relationship.

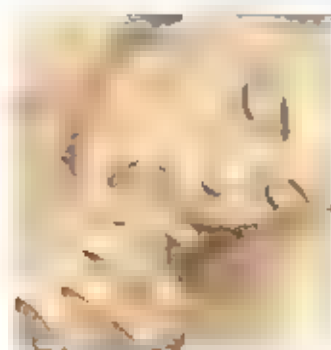
## LICKING THE PENIS

*Put her in charge*  
Try to relax and let your partner decide on how she

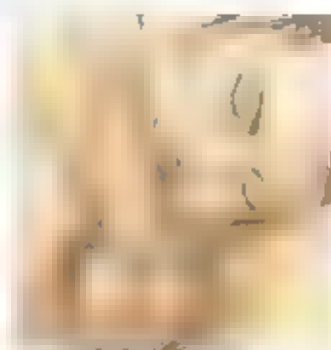
Start your fellatio by licking his penis as though it were an ice cream cone. Hold its base in one hand and then using the blade of your tongue repeatedly lick upward, first on one side and then on the other.



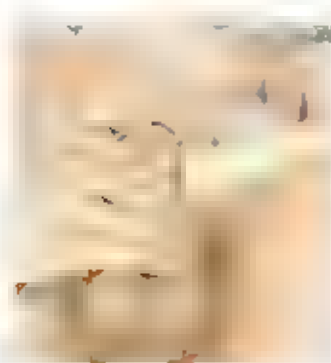
## USING YOUR LIPS



**THE NOMINAL CONGRESS**  
Take his penis in your hand, place it between your lips, and move it around in your mouth.



**BITING THE SIDES**  
Cover the end of his penis with your fingers, then kiss and gently nibble the sides.



**PRESSING INSIDE**  
Take his penis into your mouth, press it with your lips, and then take it out.



**PRESSING OUTSIDE**  
Press your lips against the end of his penis, and kiss it as if drawing it out.

## THE BUTTERFLY FLICK



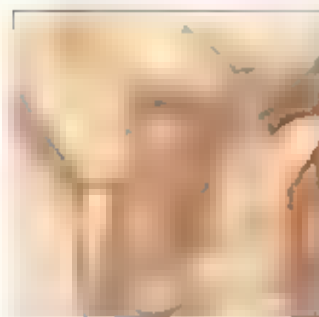
*This mighty effective fellatio technique consists of flicking your tongue lightly along the ridge on the underside of his penis. At first, you may need to hold the base of his penis when you perform this move, but when you are adept at it, you will be able to perform it without using your hands, leaving them free to caress and fondle him.*



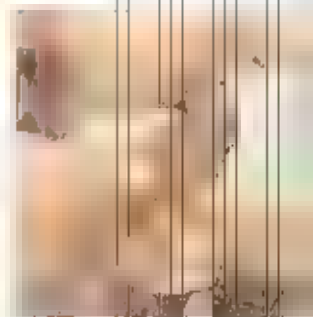
# ORAL SEX ETIQUETTE

If your partner is going to give you fellatio, make sure that your penis is scrupulously clean. During fellatio, always let your partner know if you feel that you are about to climax so that she can withdraw your penis before you do so if she does not want you to ejaculate in her mouth.

# LICKS AND KISSES



**Rimming**  
After kissing his penis, lick it all over and pass your tongue over its end.



**Kissing**  
Hold the penis in your hand, kiss it as though you were kissing his neck.

# SUCKING THE PENIS

**Kissing, licking, or sucking the end.** In this way you will be in control of the depth which which you suck the penis. This is a very pleasurable way for your partner intense pleasure because the glans (the bulbous end) is the most sensitive part

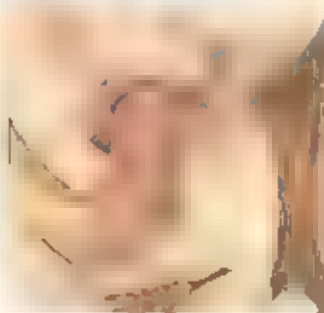
“There are some men, some places, and some times, with respect to which these practices can be made use of.”

## THE CONGRESS OF A CROW

According to the Kama Sutra, "when a man and woman lie down in an inverted order, i.e., with the head of one toward the feet of the other and carry on this congress, it is called the congress of a crow."

THIS TERSE ACCOUNT of simultaneous oral sex in fact describes the classic "Sixty-Nine" in which the two partners perform simultaneous fellatio and cunnilingus. Whatever genital stimulation lovers give each other and whatever Sixty-Nine should allow them to do together. This may seem like an ideal arrangement that ensures truly mutual joy, but in reality it may prove awkward, and less satisfactory than practicing tellurio and cunnilingus in turn.

## MOUTH WORK



**SUCKING A MANGO FRUIT**  
Take his penis about halfway into your mouth, and then suck it vigorously.



**SWALLOWING UP**  
Take the whole length of his penis into your mouth, as if trying to swallow it.



# KAMA SUTRA POSITIONS

For most people, simply the name of Kama Sutra evokes a legalizing matter of the erotic and the criminal, implying appearances of large numbers of organized, hidden, or even



impossible or making positions. In fact, the work describes only about twelve positions, and most of these are relatively easy to accomplish if the woman is ready or this simple. Its author, Vatsyana, lists only those positions that had been described by other writers. He merely attributed the descriptions of most of

them to other writers, such as Satyavati. Most of these sexual positions were the woman lying on her back with her legs in a variety of positions, but even in the Kama Sutra Vatsyana suggests three variations of positions, in which the woman, that should be said, when the man acts the part of a man. He recommends that when a woman sees that her lover is fatigued or overstressed, without having his desire satisfied, she should, with his permission, lay him down upon his back and let him assist her by acting his part. She may also do this to satisfy the curiosity of her lover or her own desire to do so.



# THE YAWNING POSITION



Lovemaking that begins with a straightforward man-on-top position, in which both partners' legs are outstretched often develops quite naturally into the Yawning Position, in which the woman raises her thighs and parts them widely.

THE BARRIER PRESENTED by the woman's thighs in this position does not allow for very deep penetration and it is unlikely that her clitoris will receive much stimulation. Offsetting this, though, is the undeniable eroticism of the position. Her genitals are displayed, and the helplessness she feels when in this position can be a powerful turn-on.

## Thigh-angle

the angle of your legs in relation to your body is an easy way to vary the depth of penetration

## Press inward

Pressing your legs against his sides will make it easier to keep them raised

## Lean forward

Simply lean forward as you thrust against your lower thighs



Pool positions  
Place me front in either  
side of his head

Brace yourself  
Rest your calves  
on his hands  
Press him  
against his body as  
much as

# THE VARIANT YAWNING POSITION

The deepest possible penetration giving intense pleasure to both partners is achieved with the variant of the Yawning Position. Because of the extreme depth of penetration the woman should be fully aroused and her vagina completely dilated, before her partner enters her.

THIS IS THE POSITION you are most likely to slip into, with some relief, after playing with the Yawning Position. It is far more satisfactory because it combines the best of the missionary position with greater penetration and an erotic element derived from the woman's legs still being high in the air.

Support  
Prop yourself up  
on your elbows

Eye contact  
Watch his  
lover's eyes to  
the point of  
ecstasy  
intensely

# THE WIDELY OPENED POSITION

With the thrust forward, he is enabled to penetrate her more fully than in any other position. He is able to give her the deepest penetration.

THIS POSITION gives more satisfaction to the woman than to the man. This is because it gives her clitoris full exposure to the friction of intercourse, but it also loses the feeling of tight containment he gets when she closes herself to his onslaught.



## A MAN'S DUTY TO HIS PARTNER

The Kama Sutra places the obligation on the man to satisfy his partner, and to help him achieve this aim offers the following suggestions on movements during lovemaking:

- **Moving forward**—straggle forward penetration

- **Churning**—heaving and moving the penis in the vagina

- **Piercing**—penetrating the vagina from above and pushing against the labia

- **Pressing**—pushing the penis fully against the vagina

- **Using a Bow**—removing the penis and seeking the vagina with it

- **Bow of the Bull**—rubbing one side of the vagina with the penis

- **Bow of the Bow**—rubbing both sides of the vagina with the penis

- **Sporting of the Sportsman**—moving the penis rapidly and lightly in and out of the vagina

The man's duty as described here is very penis-oriented by present-day standards. There are, however, some good ideas for stimulating the female genitals—we have almost more than using the penis—normal if intercourse is the primary way of doing it.

*Thighs and buttocks*

### **Bend your knees**

Bring your legs back as far as you can, then bend them at the knees, so that your calves press against





# THE POSITION OF THE WIFE OF INDRA



Achievable only by the loosest of limb, this position is recommended by the Kama Sutra as suitable for the "highest congress"—lovemaking in which the vagina is fully open, ensuring maximum penetration. Most couples who try it, however, will probably use it simply as a brief interlude between less demanding postures. The position is named after Indrani, the beautiful and seductive wife of the Hindu deity Indra. He was the king of the gods in the early Vedic writings, and also the god of rain and thunder.



## CARESSING HER BREASTS

If your partner keeps her knees pulled, you can reach down to stroke and fondle her breasts. Do not attempt this, however, if it forces you to push hard against her feet and cause her discomfort.

Be gentle  
to partner's  
to her thighs to help  
with control your thrusting

I THINK WE HAVE to assume that the Wife of Indra achieved a sense of deep sexual tension from being bundled up into a package. A woman can achieve considerable arousal by tensing her vaginal muscles, which happens when the legs are drawn up as close as possible to the body. In the buildup of sexual excitement, tension is vital. Orgasm is the relief of sexual tension, and without enough tension, it is very hard and sometimes impossible to achieve. The areas around the pelvis, in particular in the thighs and buttocks, fill with sexual tension, and it is possible to aid and enhance climax by deliberately building such tension. Bioenergetic exercises, such as flexing the thighs and buttocks or practicing the Kegel exercises (see page 77), can help in building up sexual tension.

Such passionate actions and amorous gesticulations or movements, which arise on the spur of the moment, and during sexual intercourse, cannot be defined, and are as irregular as dreams.”



# THE POWER OF TOUCH

Touch is a important nonverbal cue, not only of sexual relationships but also of many other relationships. For example, parents use touch to respond positively to their children, and research shows that babies who are touched more often grow more securely and are likely to show secure attachment to their caregivers. Children who are deprived of frequent touch

### SIDE-BY-SIDE CLASPING POSITION



but the choice of sides is yours

[illegible]

inverted legs

Both partners' legs are outstretched and wrap around the other's.



## CLASPING POSITION

This is more of an embrace than a practical position for sustained lovemaking, but the intertwining of the limbs creates a feeling of special intimacy. In the man-on-top version of this position, the woman lies on her back and the man lies over her.

THEY'RE EASY AND birth control. Women have generally lost sight of the joys of foreplay and focused instead on intercourse. Much of the pleasure to be obtained from good sex has thus been lost, and so we have more need today to use the clasp ing positions than we have had for centuries.

### Mutual caresses

This is a relaxed position that

### Restricted movements

is not very deep

is somewhat restricted



# THE PRESSING POSITION



As the man thrusts his penis into the woman's vagina, the woman's buttocks and thighs contract, pressing against the penis. This creates a "pressing" effect, which can be felt by both partners. The woman can also use her hands to grip the man's thighs, which can help to tighten her vagina around his thrusting penis.

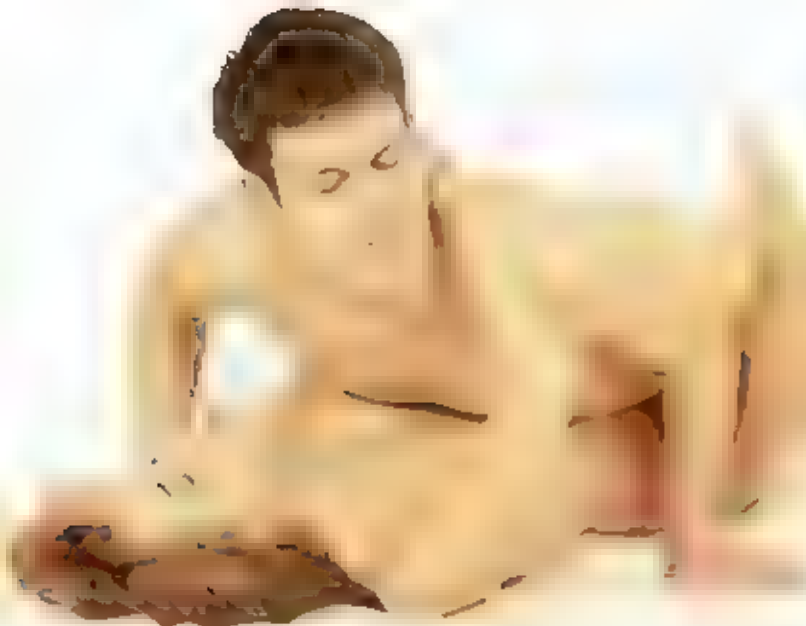
**Pressing Position:** Here, the woman grips her partner's thighs with her own to tighten her vagina around his thrusting penis.

When a woman is in the pressing position, she is in a "pressing" position. This is because the woman's buttocks and thighs contract, pressing against the penis. This creates a "pressing" effect, which can be felt by both partners. The woman can also use her hands to grip the man's thighs, which can help to tighten her vagina around his thrusting penis.

**Squeeze with your thighs**  
Vary the sensations for both of you by raising your thighs while squeezing him between them.

**Push with your feet**  
Push with your feet against his buttocks or thighs while you grip him tighter.





#### **Caresses**

When you raise yourself on your arms, your partner can run her hands over your shoulders, sides, and chest.

#### **Leg embrace**

Press your leg against the back of his thigh to hold him closer against you as he thrusts.

## THE TWINING POSITION



Giving powerful expression to her desire to weave herself about her partner, the woman uses this variation on the Pressing Position (see opposite). She places one leg across her lover's thigh and draws him to her.

As the choreography of the dance progresses, the breast tissues swell, the nipples erect, the muscles begin to tense, and the labia, clitoris, and penis become erect. As both partners become increasingly excited, their chests may display a sex flush—a patchy redness under the skin, beginning from below the rib cage and spreading up and across the breasts.



## THE CHAKRAS CENTERS OF ENERGY

The idea of the chakras was already in existence at the time the *Kama Sutra* was written and is still very much alive today. The chakras are centers of energy that occur at seven points in the astral body, which the yogis believe surrounds the physical body. Six chakras are located along the equivalent of the spine in the physical body, while the seventh crowns the head. Sexual activity is one way of arousing the awesome energy known as kundalini, which lies dormant—and is the coiled serpent—depicted as a coiled serpent—at the base of the spine, in the Muladhara chakra. A person trained in yoga can direct this force from chakra to chakra, revitalizing body and spirit alike. Throughout yogic history, adherents have regarded the ability to arouse and control the flow of kundalini as a means of achieving *moksha*, or release from the cycle of life and death (the word also describes the female orgasm).

# THE MARE'S POSITION



To use this technique—which can be applied in various positions—the woman employs her vaginal muscles (those that contract at orgasm) to create a highly pleasurable sensation in both vagina and penis.

For a particular couple using this technique, for some the best is the man-on-top Clasp Position (see page 73), but others find it more enjoyable with the woman sitting astride the man, either facing him or with her back to him.

THIS TECHNIQUE SHOWS that there is nothing new under the sun. Since about the 1970s, we in the West have been teaching young women to exercise and use their PC (pubococcygeal) muscles through the use of Kegel exercises (see opposite). This helps them improve their vaginal tone after having babies, to improve their sexual response (stronger vaginal muscles will lead to more powerful orgasms) and to give their male partners extra stimulation.

## Choice of position

When she sits facing away from you, don't lean back like this or lie flat on your back.

## Arousing kisses

kissing, licking, and nibbling her shoulders

## Self-stimulation

Lean back slightly to expose your clitoris for stimulation with your fingertips.







## PRACTICING THE KEGEL EXERCISES

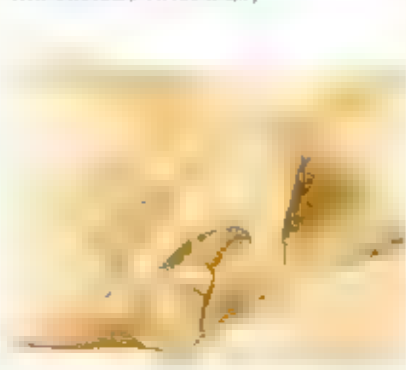
The PC (pubococcygeal) muscle exercises most commonly used to tone vaginal response are named after Dr. A. H. Kegel, the American gynecologist who popularized their use. You can do these simple but very effective exercises anywhere and at any time—in the office, in the home, in the garden.

To find your PC muscles, practice stopping the flow of your urine next time you go to the bathroom. The muscles that you use to stop the flow are the PC muscles. Practice stopping the flow several times, to get used to controlling the muscles. Then lie down, slip a finger into your vagina, and contract the PC muscles again. If you can feel the contractions.

The main Kegel exercise consists of contracting the PC muscles for three seconds, then repeating. Try doing this ten times on three.

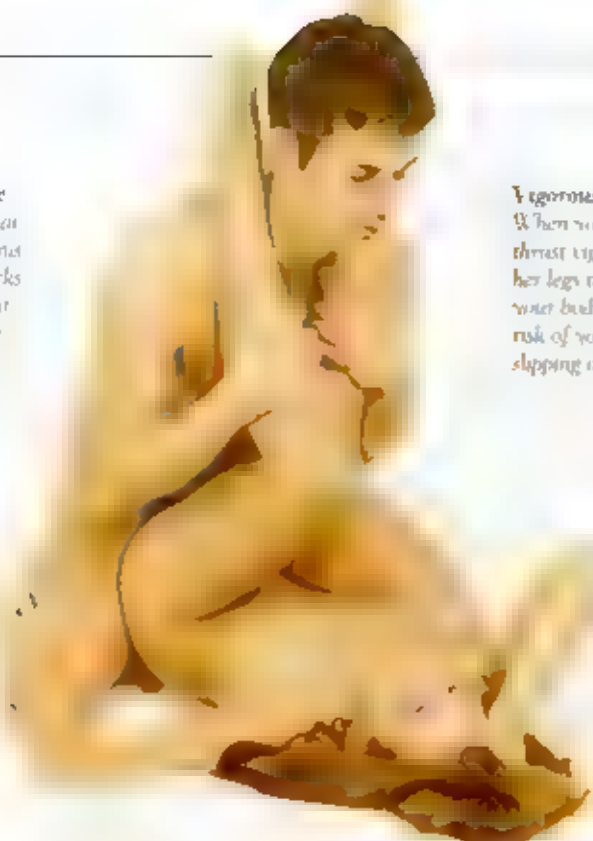
your vagina "flutters." Do this ten times.

an elevator. Your job is to move it to the top of your vagina, making three stops on the way. When it reaches the top, hold it there for a while before letting it descend to the "ground floor," again. Do this exercise twice a day.



Testing your muscle contractions

**Sensual pressure**  
Increase the sensual pressure on his penis by pushing the backs of your legs against his shoulders while you squeeze him with your thighs.



**Vigorous thrusting**  
When you seem to thrust vigorously, hold her legs tightly against your body to reduce the risk of your penis slipping out.

## THE RISING POSITION

In the rising position, the man lies on his back with his legs bent and his feet flat on the floor. The woman lies on top of him, with her legs bent and her feet flat on the floor. The man's hands are placed on the woman's hips, and the woman's hands are placed on the man's shoulders. The couple is in a position that allows for deep penetration and strong sensations for both partners.

When the man is in the rising position, he can either caress the woman's breasts with his hands, or he can hold her hands. The woman can also hold the man's hands, or she can hold his feet.



# THE HALF-PRESSED POSITION



For the Half-Pressed Position, the woman stretches her right leg at the knee, placing the sole of her foot on his chest. Because this position constricts the vagina, the man should take care not to thrust too hard, otherwise the woman will feel discomfort rather than intense pleasure.

By stretching out one leg, the woman gives her clitoris some chance of connection with the movement of intercourse—which it can do in the Pressed Position (see opposite) because her clitoris is tucked away between her thighs. Stretching is in itself a sexy sensation, and this may encourage the woman to move carefully under her man so that the shaft of the penis gets some extra vaginal vibration. Having one of the woman's feet flat on his chest is likely to increase the intensity of the man's feelings, just as it does when, at other times, she tenderly places her hand on his head there. It can be a surprisingly loving gesture should he choose to caress her foot, possibly even raising it to kiss as a demonstration of affection.

## **Vary your strokes**

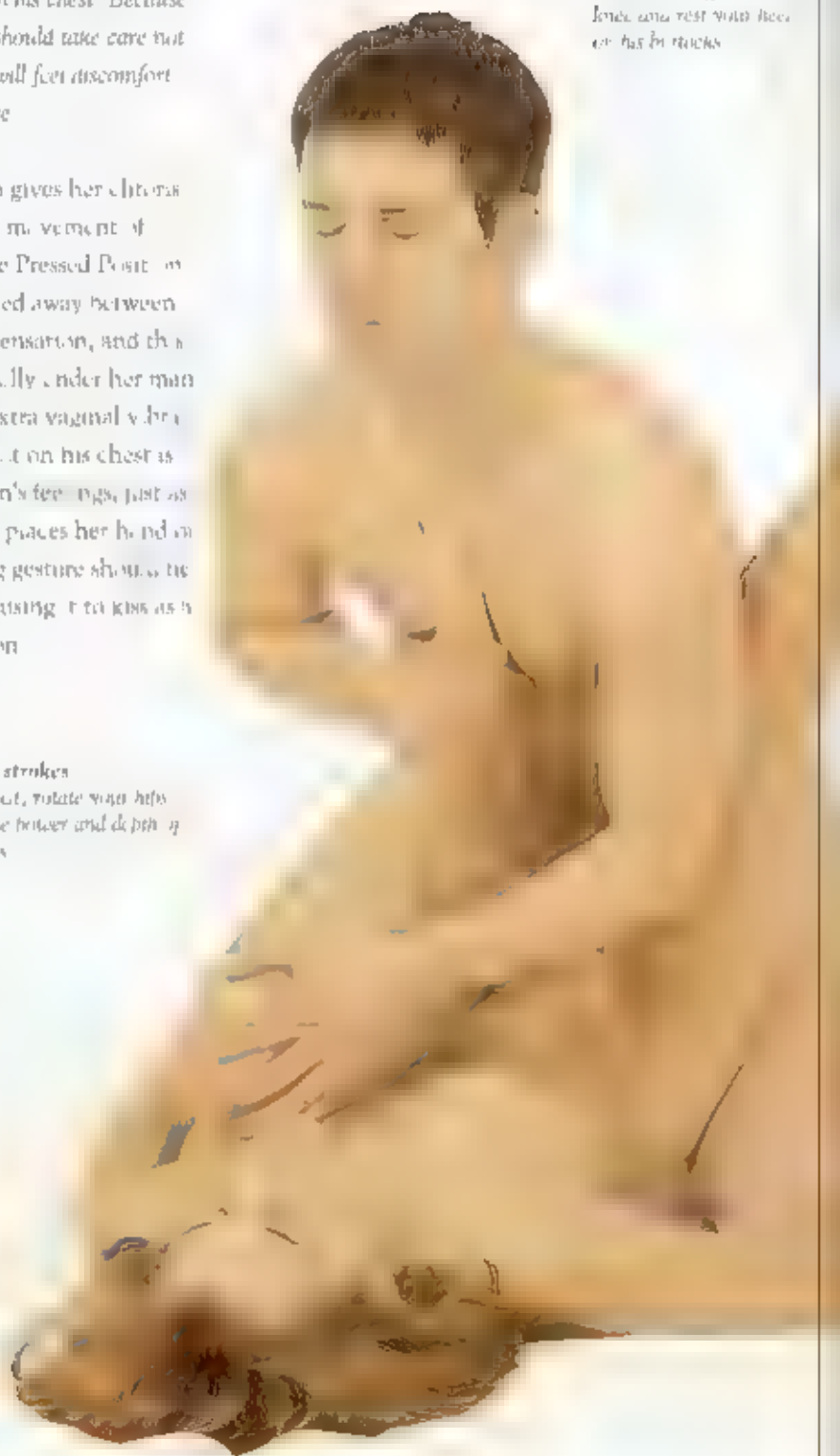
As you thrust, rotate your hips and vary the pressure and depth of your strokes.

## **Cavesses**

Use one hand to fondle her foot and the other to stroke the inside of her thigh.

## **Leg angle**

When it comes to the Half-Pressed Position, the woman's leg angle becomes a key factor. Bend at the knee and rest your heel on his buttocks.



### Use your toes

Push the soles of your feet

against the floor

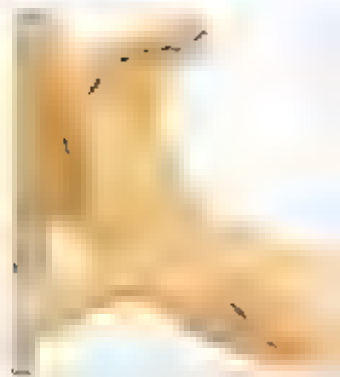
to help your partner

### Foot manipulation

Use your fingers

to massage the

toes of her feet



### REFLEXOLOGY

According to the theory of reflexology, foot massage has beneficial effects on other parts of the body. The man should take each of his partner's feet and massage it one by one. He should use his thumb to apply an arousing sensation to the woman's pelvis and groin.

### Correcting his thrusts

Use his fingers

to guide his

penis into the

vagina

correctly

to match the

rhythm of

his thrusting

## THE PRESSED POSITION



In this position, the man is on top of the woman, but he is not in a full squat. He is in a half-squat, with his knees bent and his feet flat on the floor. He is pressing his feet against the floor to help his partner. This position is good for both partners, as it allows the man to feel powerful and the woman to feel vulnerable.

If the man is not in a full squat, which the woman may not like, he can still use this position. This is a good position for both partners, as it allows the woman to feel vulnerable and the man to feel powerful.

# ACROBATIC POSITIONS

If I have made any position easy where my assistance is rather crumbly, it is in which the woman lightly floats and in which her legs during the position. I don't think they should be taken too seriously—for example, most women wouldn't be able to assume the lotus position under normal circumstances, let alone during sexual intercourse.

## THE SPLITTING OF A BAMBOO



This aptly named position calls for a simple crotch and a man-in-top posture, yet requires considerable suppleness on the woman's part. She raises one leg and puts it on her partner's shoulder, then switches the legs, raises that leg down and raises the other. This sequence can be performed over and over again. "Splitting the bamboo" in this way makes her legs move up and down and whatever the rate at which the woman's legs get the position of her legs, it is a continuing cycle of movements for both partners.

POSITIONS SUCH AS THIS remind me of the way young couples use their bodies and have fun inventing crazy sex positions. It is a good sign of their physical relationship.

### Lean forward

Kneel and lean forward, with the woman's legs stretched out.



## FIXING OF A NAIL



Instead of putting her leg on her partner's shoulder as in the Spitting of a Bamboo, the woman places her heel on his forehead. Her leg and foot then resemble a hammer driving in a nail—represented by his head.

HAVE FUN while making love. No one has decreed that sex should be a solemn business. Positions such as this are meant to be enjoyed in a lighthearted manner.

### Maintaining rhythm

the rhythm when  
the thrusting hold



### Leg movement

As you thrust, her raised leg will move, altering the tension between vagina and penis and varying the sensation.

## THE CRAB'S POSITION



In this highly pleasurable position, which constricts the vagina around the penis, the woman bends and draws in both legs and rests her thighs on her stomach, rather like a crab retracting its claws. The man again thrusts from a kneeling position.

PLAY IS AN IMPORTANT PART of the early stages of any relationship, and play in sex is no exception. When indulging in playful behavior, for instance, by adopting positions such as this, we subconsciously learn a lot about each other.

## THE LOTUS-LIKE POSITION



Imitating the familiar yoga position, the woman draws in her legs and folds one over the other as nearly as possible, and again the vagina is pulled up to meet the penis.

MOST WOMEN who try this challenging position find that they cannot hold it for long, if indeed they can achieve it at all.



# THE TURNING POSITION

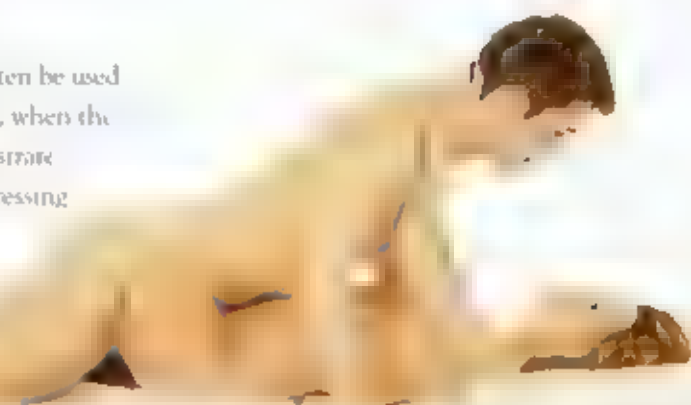


When a couple is making love in the basic man-on-top position, the man can, with practice, lift one leg and turn around without withdrawing from her.

FOR MILEVEMAKING, varying a position can often be used to increase the feeling of closeness. In this case, when the man turns around, his partner can demonstrate tenderness toward him by embracing or caressing his back, shoulders, and sides.

## Supporting your body

Throughout this sequence of moves, you will need to support yourself on your arms and hold your upper body clear of your partner.

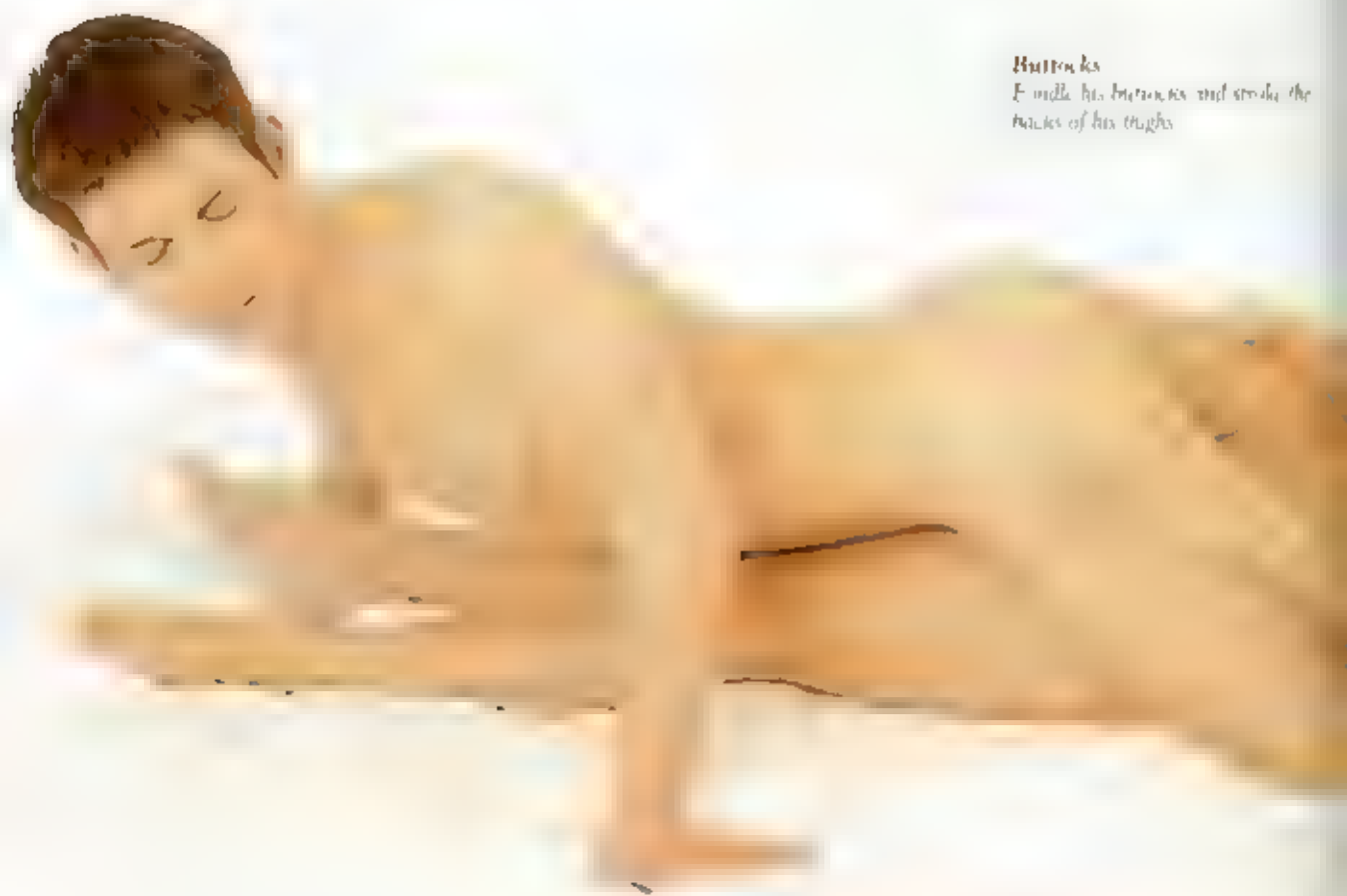


## FIRST STAGE

The first stage in the sex Turning Position is to be in the basic man-on-top ("missionary") position. The man should be with both legs between those of his partner.

## Caressen and stroke

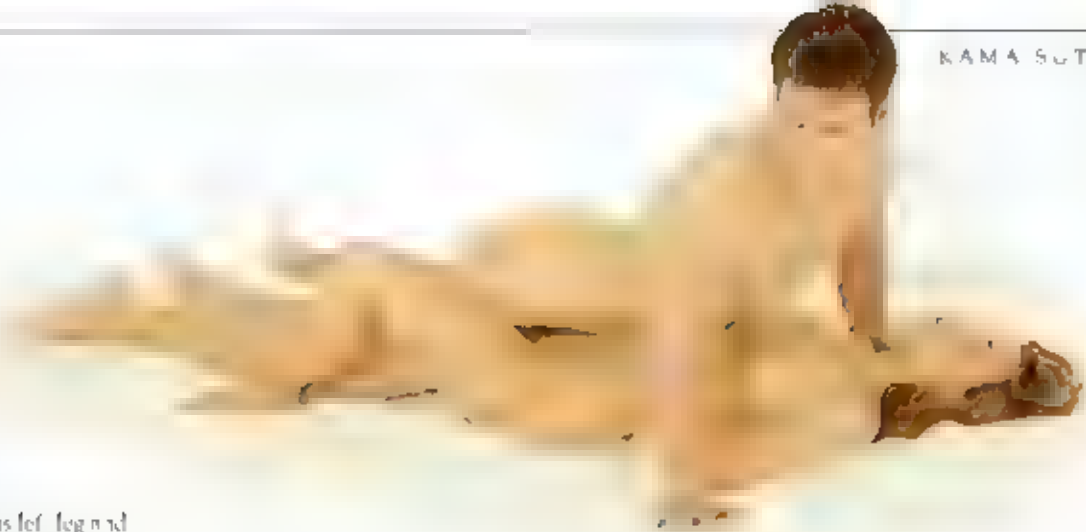
Use your hands to give him a massage on his back, shoulders, and sides.



## Buttocks

Embrace his buttocks and stroke the backs of his thighs.

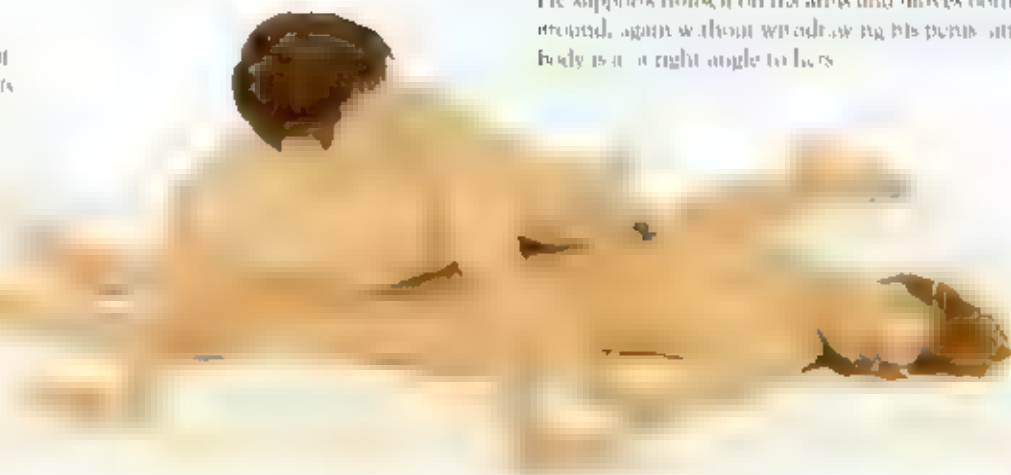


**SECOND STAGE**

The man lifts his left leg and then his right leg over her right leg, without withdrawing his penis.

**Legs slightly parted**

If your legs are slightly apart, it will be easier for him to keep his penis inside your vagina.

**THIRD STAGE**

He supports himself on his arms and moves both legs upward, again without withdrawing his penis, and his body is at a right angle to hers.

**Stay still**

To help maintain penetration, he still without thrusting against him.

**Enjoy the feeling**

Lie back and enjoy the new sensations of this unusual angle of penetration.

**FOURTH STAGE**

In this final stage, he ends up with his body between her legs and one leg on either side of her shoulders. Whether or not he manages to reach this stage, he will certainly agree with Vatsyayana's comment: "This position is learned only through practice."

# EROTIC SCULPTURES

Over the centuries the *Kama Sutra*, the *Arthashastra*, and other classical Indian texts — as well as Greek and Chinese — emphasize on the standing positions. The special status of these positions is reflected in the fact that they appeared far more commonly than lying or sitting positions in the erotic sculptures that traditionally adorned temple walls.

## Tight hold

Grasp your hands tightly behind his neck

## THE SUSPENDED CONGRESS

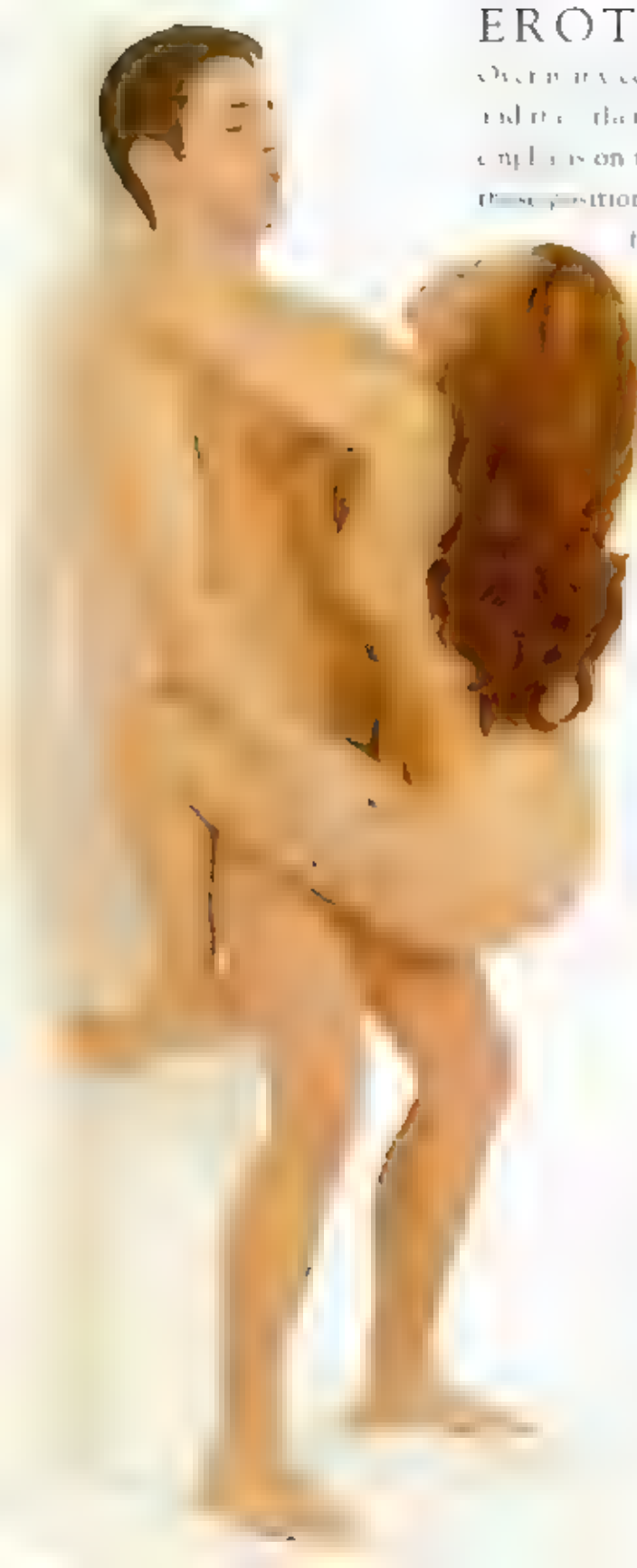


The man leans against a wall, the woman puts her arms around his neck, and he lifts her by holding her thighs or by locking his hands beneath her bottom.

THIS IS A POSITION THAT calls for a fair amount of strength in the man. If the woman is light, however, he may be able to support her with one arm around her waist, using the other hand to caress her.

## Thigh grip

Grasp his waist with your arms and push your feet against the wall



#### HEIGHT DIFFERENCE

Making love while standing face-to-face

vice versa). The problem can often be

standing with his feet apart and bending his knees slightly, or by her standing on tip-toe, but most people find it impossible to maintain these postures for very long.

#### Thrusting

Hold her thigh to help

when you thrust

#### Deeper penetration

Spread your thighs by wrapping one of your legs around her for deeper penetration

#### Balance

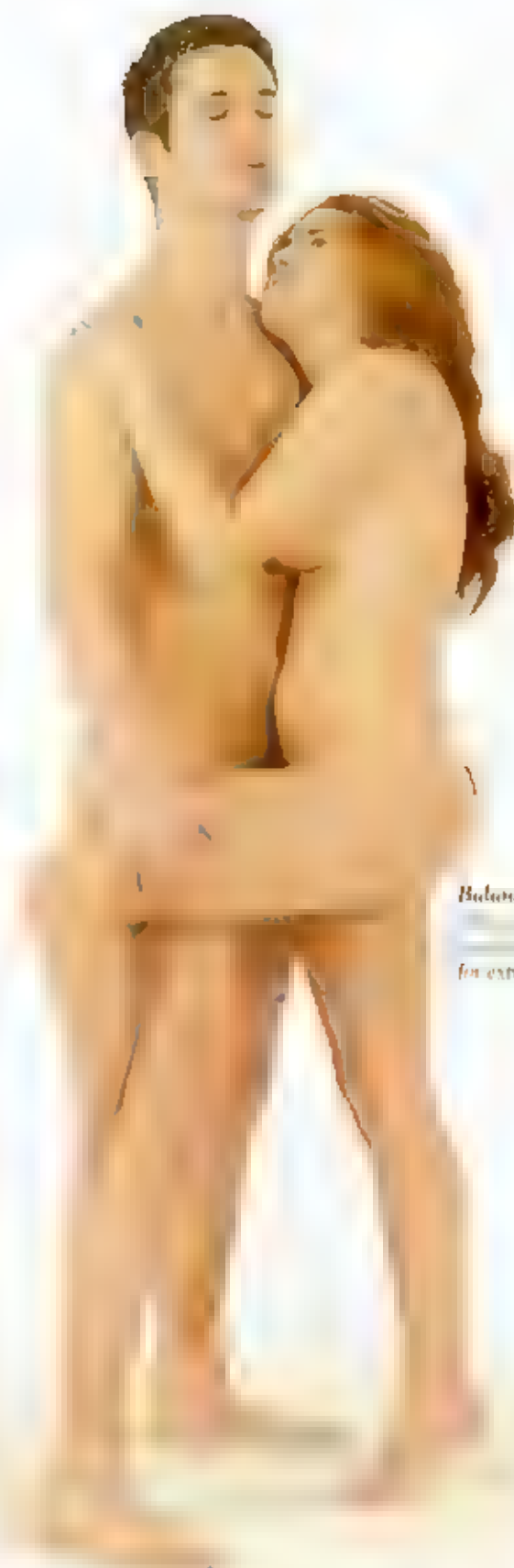
for extra balance

## THE SUPPORTED CONGRESS



The lovers achieve the support referred to in this position's name either by bracing themselves against one another or by leaning against a wall.

SOMETIMES, WHEN SUDDEN passion overwhelms them, a couple may prefer to dispense with the preliminaries and make love standing up. The advantage of leaning on a wall is that with the woman firmly supported, the man finds it easier to thrust vigorously.



# WOMAN-ON-TOP POSITIONS

The *Kama Sutra* recommends three movements for use when the man reasons or rather during lovemaking the woman adopts a position on top of her partner (calling the position "maid"). She is most likely to do this either as a variation or for the sake of what her partner entered that she is satisfied. Vasuyayana sees this position as transitional with the man eventually resuming the active role.

## THE TOP

According to Vasuyayana, this movement requires considerable dexterity and is achieved only through practice. While sitting astride her partner, the woman raises her legs to clear his body and swivels around on his penis. While she is perfecting this maneuver, the woman should take care not to lose her balance; otherwise, she may hurt both herself and her partner.

This position and its variant, the Swing, although just about possible, really have to be learned. The damage the moves could cause would be endured by the man. The woman could end up with an injured penis. This is not a position to be encouraged.

**Change angles**  
By leaning forward or back you can change the angle of penetration and subtly vary the sensations for both of you.

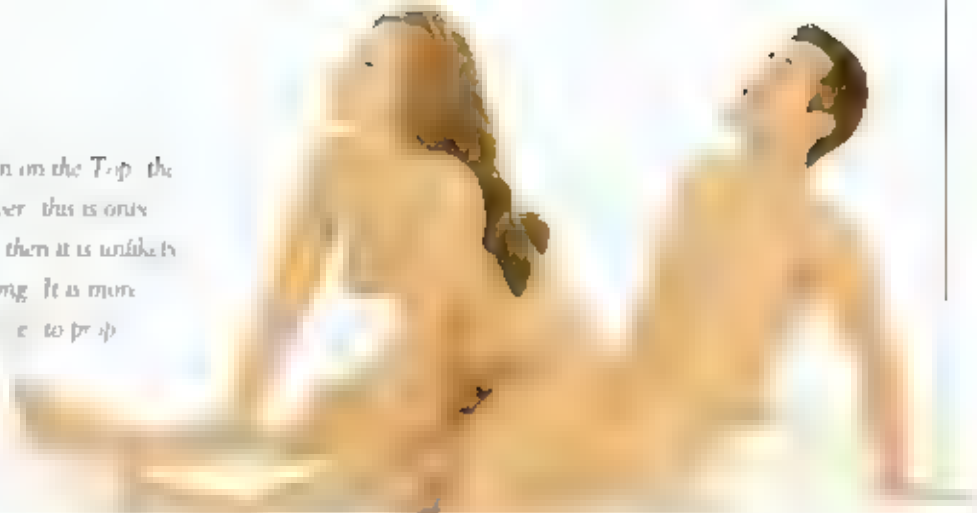
**Stand securely**  
Put a hand on his waist or chest to help you rise.

## THE SWING



The Kama Sutra suggests that in this variation on the Top, the man should lie with his back arched. However, this is only feasible if the man has a strong back, and even then it is unlikely that he could sustain the pressure for very long. It is more practical for him either to lie flat or to prop himself up on his arms.

THE ORIGINAL version of the Swing, as described in the Kama Sutra, is not only a practical option, and the real chance of him hurting his back. The version shown here, however, is perfectly safe.



## THE PAIR OF TONGS



With her legs bent at the knee, the woman sits astride and facing the man, who lies flat on his back. She draws his penis into her and squeezing it repeatedly with the muscles of her vagina, holds it tight for a long time. Penetration is deep.

THIS POSITION is perhaps the most practical of the three woman-on-top positions. By using her vaginal muscles (see Kegel exercises, page 77) the woman may stimulate her man while also arousing herself. Some women use their breasts, fluttering to give pleasure, and comingling their movement can be a gentle method of



●● A man should gather from the actions  
of the woman of what disposition she is, and  
in what way she likes to be enjoyed.

## THE ELEPHANT POSTURE

This is one of a number of "animal" postures listed in the Kama Sutra and like the Congress of a Cow (see opposite) it is also described in the Amangala Ranga. The woman lies with her breasts, stomach, thighs, and feet all touching the bed, and the man lies over her with the small of his back arched inward. Once he is inside her, the woman can intensify the sensations for both partners by pressing her thighs closely together.

REAR-ENTRY POSITIONS allow deep penetration, but the Kama Sutra makes it quite clear that it is the associated or "side" positions an extra eroticism. This is very different from

...at a day at the top would definitely  
be considered starting

### Penetration

Pass your penis between  
her slightly parted legs  
and into her vagina.

### Life elephant

Support yourself on your hands  
and on your feet.







**Tinting**  
 By holding her legs on  
 waist you can finish  
 and pull her in  
 time with your thrusts

## THE CONGRESS OF A COW



The powerful symbolism of mating animals can serve to heighten passion for many couples. In this challenging variation on the more common rear-entry postures in which the woman kneels she supports herself on her hands and feet and her partner mounts her like a bull. It makes deep penetration possible and allows the man to control the depth and power of his thrusts.

By EMULATING THE INTERCOURSE of animals, rear-entry positions achieve a special aspect of arousal for both men and women. Although it is much harder for a woman to enjoy orgasm in these positions, the additional stimulation provided by the man's fingers reaching around the front of her thigh to stroke her clitoris (perhaps in the same rhythm as his thrusting) can be highly erotic. So, too, can the sensation of his front pounding against her buttocks, close to her sensitive perineum and anus.



## THE POWER OF THE IMAGINATION

In his chapter on sexual congress Vatsyayana, the author of the *Kama Sutra*, implicitly acknowledges the impossibility of listing every known lovemaking position. Instead, he suggests that by seeking inspiration from the mating habits of the animal kingdom, imaginative lovers greatly extend their repertoire. As his description of the Congress of a Cow, Vatsyayana says that "in the same way can be carried on the congress of a dog, the congress of a goat, the congress of a deer, the forcible mounting of an ass, the congress of a cat, the jump of a tiger, the pressing of an elephant, the rubbing of a boar, and the mounting of a horse. And in all these cases the characteristics of these different animals should be manifested by acting like the

**Even support**  
 Keep your feet apart and the palms  
 of your hands flat on the floor



# ANANGA RANGA POSITIONS

The Ananga Ranga shares common origins with the Kama Sutra, but was written up to 1,500 years later, probably in the late 15th or early 16th century. Therefore it



is much closer in time to the Arab-influenced The Perfumed Garden, although it is culturally very different. The Ananga Ranga was translated into Arabic as a result of exerting strong influence on the sexual attitudes of the Islamic world. The late medieval history of the Ananga Ranga was like the Arab world

when more correct than that which produced the Kama Sutra. Sexuality was freely expressed both inside marriage in the time of Vasudeva, but Kalyana Matta, the author of the Ananga Ranga, reflected a rigid society that considered extramarital sex. The major practical difference between the two Indian classics is that the Kama Sutra was written for every married or otherwise, while the Ananga Ranga does not question the sanctity of marriage and explicitly offers a restriction to the married man. Equally clear is the author's intention of writing the Ananga Ranga in the first place to protect marriage from the sexual freedom that then as now can so easily set in.



# KNEELING/LYING POSITIONS

In the *Ananga Ranga*, the various lovemaking positions described are divided into five main groups, known as *bandha* or *asana*.

Those positions in which the woman lies on her back, and the

man enters her with kneeling or standing, are termed

*uttama-bandha* or *superior* poses.

Low positions

the man enters from

his side

## LEVEL FEET POSTURE



In this position, the first *uttama-bandha*, the man lifts his partner's body, bracing himself against her, and places her outstretched legs over his shoulders. If the partners are just the right size, she can rest her buttocks on the bed but, although this is not as demanding, it is less mutually stimulating.

Couples who like deep penetration find that the *uttama-bandha* positions are good ones. The man gets a sense of control because he can move her into the most comfortable shape to suit his need to penetrate, while she requires a sense of helplessness that can be powerfully erotic.

1. Increase the pressure

2. Use the thighs to increase the

3. Use the hands to increase the

4. Use the hands to increase the

5. Use the hands to increase the

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35. Use the hands to increase the

## RAISED FEET POSTURE

## THE G-SPOT

Instead of resting on her partner's shoulders as in the Level Feet Posture, the woman's legs pass on either side of his waist. This allows deep penetration and greater stimulation is possible if the man raises the woman by using his hands to support her buttocks.

When he is lifting her and supporting her buttocks, he can apply a little gentle pressure to draw the buttocks away from the anus and perineum. This will provide her with extra stimulation.

Always his penis to stimulate the front wall of her vagina along which is located the highly sensitive G-spot.

**Caress her breasts**  
Because your hands are free, you can use them to stroke and fondle her breasts.

A super sensitive area on the vagina's front wall, the G-spot is about halfway up, about the way in. If pressed strongly (by the penis or a finger), it creates powerfully erotic feelings. Research indicates that not all women possess a G-spot, but many of those who have, don't know that it can be capable of triggering orgasm.

## THE REFINED POSTURE

Instead of resting on her partner's shoulders as in the Level Feet Posture, the woman's legs pass on either side of his waist. This allows deep penetration and greater stimulation is possible if the man raises the woman by using his hands to support her buttocks.

WHEN HE IS LIFTING HER and supporting her buttocks, he can apply a little gentle pressure to draw the buttocks away from the anus and perineum. This will provide her with extra stimulation.

**Stroke his chest**  
Reach up and stroke his chest, shoulders and nipples.

# KAMA'S WHEEL



The man sits with his legs stretched and parted, and his partner lowers herself onto his penis, extending her legs over his. He then passes his arms in either side of her body, keeping them straight. In this way he completes the spoke-like pattern of limbs that gives the position its name.

KAMA'S WHEEL illustrates a dimension of sexuality that most of us simply don't practice and probably find hard to comprehend. It's a dimension that allows sex, like a type of meditation, to bring us to a high level of awareness, a sharpness of appetite, and an increased sense of well-being. The object of the Kama's Wheel is not to build erotic feeling, or to achieve orgasm. It is rather to obtain a balance of mind that feels clear, calm, and happy.

For the full

erotic

view to less teeth

erotic look





## THE INTACT POSTURE

*While lying on her back, the woman raises her legs and bends them at the knee, so that they rest against her partner's chest when he kneels between her thighs. Before entering her, he puts his hands below her buttocks and lifts her up slightly.*

THE INTACT POSTURE is another lovemaking position where the woman is treated like a package and the man makes the moves. If control and helplessness are important aspects of your relationship, then this could be extremely arousing mentally, although in sexual terms it is not particularly satisfactory for the woman.

### **Extra stimulation**

*After penetration, support her on your thighs so that your hands are free to give extra stimulation to her thighs or to caress her breast.*

## THE PLACID EMBRACE

According to the Ananga Ranga, this position received its name from the poets of old and was "a form of congress much in vogue." The woman lies on her back and the man, kneeling, lifts her buttocks and enters her. By crossing her ankles behind his back, she can draw him closer to her and increase the feeling of intimacy.

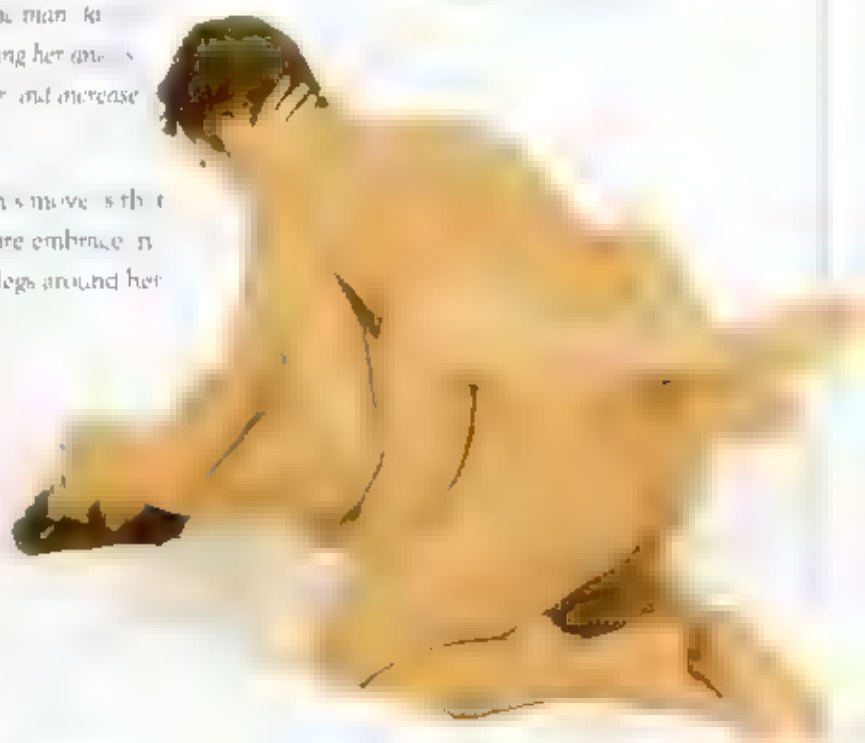
THE OVERWHELMING FEELING associated with this move is that of great tenderness. It encompasses a pure embrace in that she twines both her arms and her legs around her lover as an expression of love and trust.

### **Hand hold**

*Reach up and clasp your hands around his neck.*

### **Back support**

*Lean forward and slip your hands under her back.*





## THE EFFECTS ON MEN

One in three cases of male dysfunction is caused by physical problems, many of which are the

—more to the arteries that supply blood to the penis, which may cause

weakness of the valves of the veins that hold the blood in the erect penis, and this may cause loss of erec-

—tional changes that are a part of aging result in a lower sex drive and less genital sensation.

There are methods of repair and for some of these conditions. If you're experiencing such problems, consult your doctor for medical advice.

## THE GAPING POSITION



*value the position as a prelude to deeper penetration*

favorite sex therapy technique in the 1950s for women who

that if the clitoris is exposed to the thrust of intercourse, it is more likely to be stimulated. However, stimulation is

### Arch your body

Place pillow on cushion under your lower back to arch your body

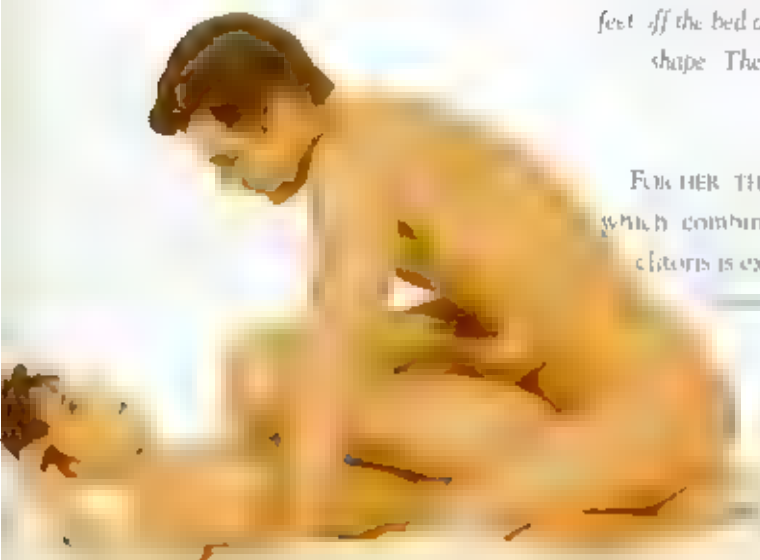
### Height adjustment

Knurl between her legs before you enter her, and use a cushion pillow if necessary to raise to the right height



High arousal

Because your legs seem to point in and frame your vagina, the position can be highly arousing.



## THE ENCIRCLING POSITION

As the name implies, the Encircling Position is one that is loved by those burning with desire. "While lying on her back, the woman raises her feet off the bed a little and crosses her calves so that her legs form a diamond shape. Then the man lies over her and enters her—as in the simple man-on-top position."

FOR HER, THERE ARE shades of bondage attached to this position, which—combined with the fact that her pelvis is opened wide and her clitoris is exposed—gives a very sensual approach to intercourse. "It is not particularly deep, but her very openness is an intriguing idea for her lover."

### Hand support

Support yourself on your hands to avoid putting too much pressure on her crossed legs.

## THE SPLITTING POSITION

Here, the woman lies on her back and her partner enters her from the kneeling position. He then lifts her legs straight up, resting them on his shoulders.

POSITIONS SUCH AS THIS are excellent for the older man who needs a more robust sensation during intercourse. His penis is snugly contained by her vagina, and the extra gripping sensation of her thighs gives the additional friction that he needs to bring him to orgasm.

### Increasing sensation

Keep your knees and thighs pressed close together as he thrusts to increase the friction on his penis.



# SIDE-BY-SIDE POSITIONS

The *Atanga-bhanga* describes a deep position where he wears her on her side with her partner facing her. These are a kind of *tribhanga* in that one position is at right angles to the other so when it is turned they appear to be in the reverse with her legs over his right

## THE CRAB EMBRACE

In this warm and intimate *tribhanga* *side by side* position, the man enters the woman and lies between her thighs. One of her legs remains beneath his and she passes the other over his body just below his chest.

PENETRATION IS DEEP, but the man's movements may be restricted. Like all the side-by-side positions, it is useful when either partner is tired but still passionate. When describing a side-by-side position, the *Kama Sutra* says that the man should lie on his left side and the woman on her right. This rule is also mentioned by Kalyan Mishra, but the suggestion was no doubt prompted by the fact that then as now, most men were right-handed. However, if the man is left-handed and wants to caress his partner with that hand or if the woman wants to caress her partner with her right hand, it makes sense to reverse the position.



### Loving caresses

He rests his hand on her thigh and she rests her hand on his chest.

### Leg position

Put your upper leg over his body and rest the back of your knee on his hip.



*Knee angle*  
Bending your knee slightly will  
make this position easier and  
more comfortable

## THE TRANSVERSE LUTE

*The lovers lie side by side with their legs outstretched. After the woman has raised one leg slightly to allow her partner to enter her, he raises one leg and rests it on her thigh.*

SIDE-BY-SIDE POSITIONS are excellent for men who need more friction during intercourse. The penis thrusts are felt along the insides of the labia, which are pressed against the penis by the legs, so these positions also give the woman an increased likelihood of arousal and orgasm. And if the man pulls himself up a little higher in relation to the woman's body (that is, toward her head), he can ensure that his penis brushes against her clitoris. These positions are often used as part of sex therapy for women who have had difficulty achieving orgasms.

## THE FOUR ORDERS OF WOMEN—PART 1

Kalyana Malla, the author of the *Ananga Ranga*, divided women into four types, according to their temperament. The first two of these Four Orders of Women are the Padmini and the Chitrini.

### THE PADMINI

"She in whom the following signs and symptoms appear is called Padmini, or Lotus-woman. Her face is pleasing as the full moon; her body, well clothed with flesh, is soft as the Shami [a tall fragrant tree] or mustard flower; her skin is fine and fair as the yellow lotus; never dark-colored, though resembling, in the effervescence and purple light of her youth, the cloud about to burst. Her Yoni [vulva] resembles the opening lotus bud, and her Love seed [Kama-sa] the water of life is perfumed like the lily that has newly burst. She walks with swan-like gait, and her voice is low and musical as the note of the Kalyani bird [the honey-eater]; she delights in white garment, in fine jewelry, and in rich dresses."

### THE CHITRINI

"The Chitrini, or Art woman, is of middle size, neither short nor tall, with bee-black hair, thin, round shapely neck, tender body, waist lengthened as the lion's hind, full breasts, well-turned thighs and newly made hips. The hair is thin about the Yoni, the Mons Veneris being soft, raised, and round. The Kama-sa [love-seed] is like the perfume of honey, producing from its abundance a sound during the venereal rite. Her eyes are ill, and her walk is coquettish like the swing of an elephant."

The Kama-sa [sa] mentioned in these descriptions is the woman's vaginal secretions, which were thought to be the female counterpart of the male's semen.

# SITTING POSITIONS

The following six positions are forms of what the Ananga Ranga terms *upavishta*, or sitting posture

Passionate  
kisses  
over her  
dripping breast  
in her hair  
and breasts

## THE LOTUS POSITION

In this most straightforward of sitting positions which Kalyana Mula describes as a favorite, the man sits cross-legged and the woman sits on his lap, facing him, and lowers herself onto his penis. The Ananga Ranga suggests that the man place his hands on his partner's shoulders but he can just as comfortably—and perhaps more affectionately—put his arms around her body or about her neck.

THE SITTING POSITIONS can be friendly, chaste, sensual, erotic, youthful, comic, acrobatic—or, depending on your frame of mind. They are mostly positions with which to give the male a rest, for it is the woman who tends to do all the work. One of the great strengths of the Indian love texts, however, is that although they always appear to be written from a male point of view, they are very fair, given their era, in paying attention to the sexual needs of both partners.

### Caresses

Use your hands to stroke each other's neck, shoulders, arms, and back.







## THE FOUR ORDERS OF WOMEN—PART 2

The last of the Four Orders of Women are the Shankhini and the Hastini.

### THE SHANKHINI

"The Shankhini, or Conch woman, is of bilious temperament; her skin burning, always hot and tawny, or dark yellow-brown; her body is large, her waist thick, and her breasts small. Her Yoni is ever moist with Kama, so that which is distinctly salt, and the cleft is covered with thick hair."

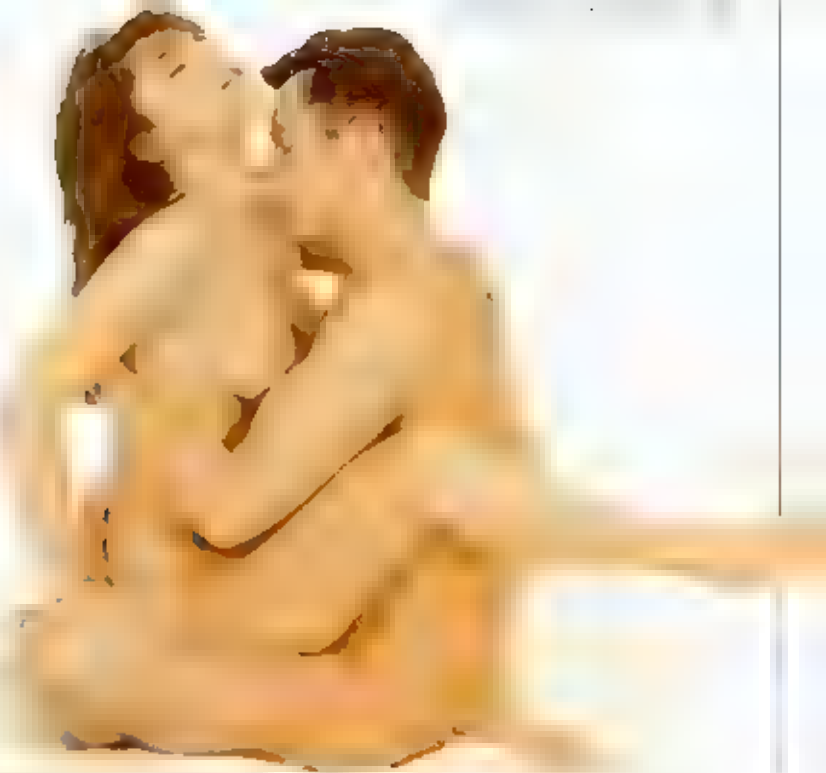
### THE HASTINI

"The Hastini [the Elephant woman] is of short stature; she has a stout, a large body, and her skin, if fair, is of dead white. Her hair is tawny, her lips are large; her voice is harsh, choked, and throaty, and her neck is bent. Her gait is slow, and she walks in a slouching manner; often the toes of one foot are crooked. Her Kama so that is the savor of the juice of lotus flowers, issuing from the elephant's temples."

Her Yoni is large.

...

...

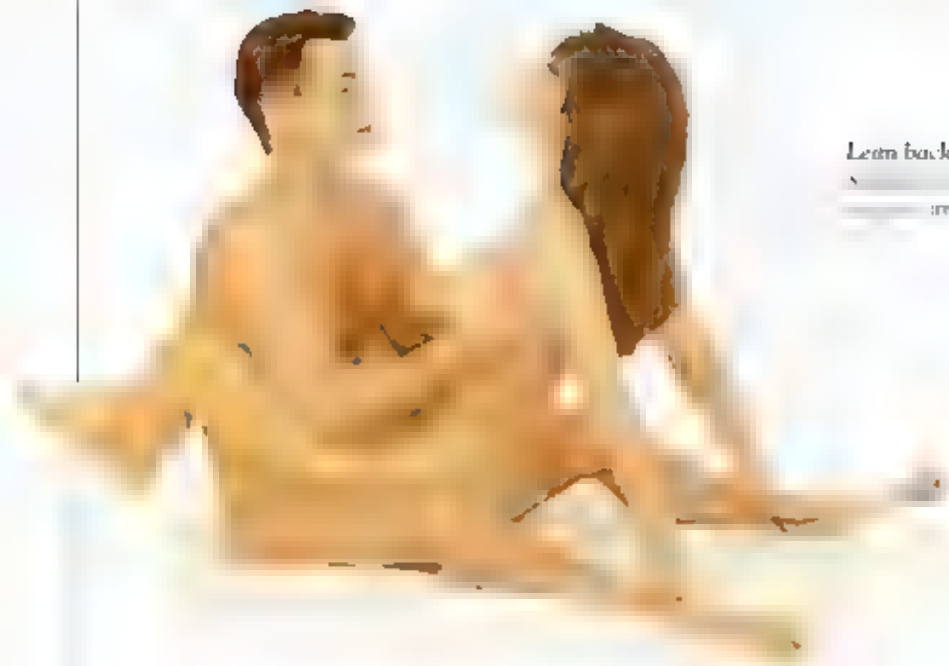


## THE ACCOMPLISHING POSITION



*This variation on the Lotus Position requires the woman to raise one leg slightly, perhaps using her hand to help her keep her balance. Having one leg raised changes the tension between her vagina and his penis.*

LIKE THE OTHER face-to-face positions, this one allows the couple to kiss and the man to fondle the woman's breasts. However, the man's thrusting movements are restricted.



### Lean back

\_\_\_\_\_ self by leaning back  
\_\_\_\_\_ arms and gripping his h

## THE POSITION OF EQUALS

Sitting astride the man and facing him, the woman \_\_\_\_\_  
her legs alongside his body, passing the \_\_\_\_\_  
\_\_\_\_\_ about elbow height.

According to Kalyana Mula, the man should sit in a  
\_\_\_\_\_ position when she is seated \_\_\_\_\_  
up. But in the heat of \_\_\_\_\_ either partner may make  
\_\_\_\_\_ from the straightforward \_\_\_\_\_  
\_\_\_\_\_ out of which this usually develops. \_\_\_\_\_  
Further suggested that he \_\_\_\_\_  
\_\_\_\_\_ her neck, but the position \_\_\_\_\_  
\_\_\_\_\_ his hands can play a more active role, and it is  
\_\_\_\_\_ worth taking advantage of this fact.



# THE SNAKE TRAP



With his hand on the woman's breast, the man is using his hand and mouth  
to make her feel his love. His tongue is in her mouth, and he is making  
love to her with his hand and mouth. He is making love to her with his  
hand and mouth, and he is making love to her with his hand and mouth.  
and is making love again for his partner's pleasure

BOTH OF THE POSITIONS on this page are examples of play. There is no  
way in which they serve any real purpose with regard to sexual  
stimulation, but they can be delightful for just "fooling around."

## Eye contact

You can either maintain loving  
eye contact or watch the  
woman "demon" below.



## SEXUAL TENSION AND MULTIPLE ORGASMS

The **ART OF SEXUAL TENSION**  
In order to achieve multiple orgasms,  
that a couple aiming for multiple  
orgasms should make intercourse slow-  
ly, they should not do a great deal of  
vigorous thrusting, but should let  
their desire and response develop  
gradually, without pressure.

The reason is that in order to enjoy  
multiple orgasms, men and women  
need a greater buildup of sexual  
tension than they do for a single  
orgasm. To achieve that greater  
buildup, time is needed to tense and  
aritalize the senses, so it is unwise  
to wear yourself out by treating your  
lovermaking as a gymnastics session.

The various sitting positions sug-  
gested by the *Ananga Ranga* can be  
used in this context. Because they  
do not allow for any vigorous thrust-  
ing, they are not too tiring, and  
they allow couples more control  
over the buildup of sexual tension  
than is possible with many  
other positions.

# THE PAIRED FEET POSITION



The man sits with his legs wide apart while the woman lowers herself into him with her legs over his. When full penetration has been achieved, he presses her thighs together.

NEITHER PARTNER CAN move very much in this position, but the pressure of the woman's thighs against the man's vagina produces pleasurable sensations for many women. A further benefit is the feeling of intimacy that characterizes all the face-to-face sitting position.

## Thigh stroking

As only she can stroke her thighs while you are pressing them together.

## Relaxed posture

Lean back on your elbows and let your body relax.



## THE THREE ORDERS OF MEN

Just as Kavyana Mahadeva divided women into four types, so he divided men into three: the Shasha or Hare-man, the Vrishabha or Bull-man, and the Ashwa or Horse-man.

### THE SHASHA

"The Shasha is known by a Linga [penis] that in erection does not exceed 4 1/2 finger-breadths, or about three inches [7.6 cm]. His figure is short and spare but well-proportioned in shape and make; he has small

hands, knees, feet, legs and thighs. He is neither darker nor lighter than the rest of the skin. His features are clear and well-proportioned; his face is round; his teeth are short and fringed with a fleshy lip; and his eyes are large and well-spaced. He is humble in his bearing, has an appetite for food, is small, and he is moderate in his carnal desires. Finally, there is nothing offensive in his Kamasutra or women."

### THE VRISHABHA

"The Vrishabha is known by a Linga of nine fingers in length or four inches and a half [11.4 cm]. His body is robust and tough, like that of a tortoise. His chest is fleshy, and he is hard, and the frog (inside) of the puer (vms) are turned so as to be brought in front. His disposition is cruel and violent, restless and rascally; his Kamasutra is ever ready."

### THE ASHWA

The Ashwa is known by a Linga of twelve fingers or about six inches [15 cm] long. He is tall and large-framed but not fleshy, and his delight is in big and robust women

reckless in spirit, passionate and covetous, gluttonous, voracious, and fond of sleep. He cares little for the venerable rite except when the spasm approaches. His Kamasutra is capricious, salt, and goat-like."

## THE CRYING OUT POSITION



The man lifts the woman, is passing her legs over his arms at the knee, and moves her from side to side. In a variation known as the Monkey Position, the man moves the woman backward and forward rather than from side to side.

BECAUSE THE MAN HAS TO LIFT THE WOMAN AND MOVE HER ROUND ON HIS PENIS, THIS POSITION IS BEST, PERHAPS ONLY, SUITED TO A STRONG MAN AND A LIGHT WOMAN.

# WOMAN-ON-TOP POSITIONS

The *Atanga Ranga* gives details of three woman-on-top positions for use when the man is tired or when he is not satisfied his partner. These positions are referred to as *shanti-bhakti*, or role-reversal positions, and are fascinating because they make it clear that a woman's sexual needs were seen to be as important as those of men. The man is suggested to demonstrate an inferior, watchful, or a woman's sexual response differs from that of a man. They are excellent reminders of techniques that are advocated by modern sex therapists.

## Comfort

Put a pillow under your head  
to make yourself more  
comfortable while you watch  
her making love to you

## THE ORGASMIC ROLE-REVERSAL



Kalyana Mullu likens the woman's posture in this position to that of a "large bee" and asserts that she thoroughly satisfies herself. She squats on the man's thighs, then inserts his penis, closes her legs firmly, and adopts a churning motion.

BECAUSE OF THE freedom of movement that this position gives to the woman, she can control the speed, angle, and amount by which she moves her pelvis in circles and from side to side. She can also add extra variety to the sensations she feels by varying the depth of penetration.





## THE ASCENDING POSITION

For the woman whose "passion has not been gratified by previous copulation," the Ananga Ranga recommends the *Ascending Position*. Sitting cross-legged on the man's thighs, she should "seize" his penis and insert it into her vagina, then move herself up and down.

AS IN SIMILAR POSITIONS, the woman can alter the angle of her partner's penis to give herself the kind of stimulation she wants; in particular, she can ensure that the G-spot (see page 93) receives attention. She can also stimulate her clitoris, and this, combined with her movement on the

—————♦—————

## THE INVERTED EMBRACE

### Extra stimulation

While she is on top, she can increase stimulation by gripping his thigh.

The *inverted embrace*. The woman, on top, can increase stimulation by gripping his waist; she moves her hips in every direction.

LIKE THE OTHER woman-on-top positions shown here, the *Inverted Embrace* puts her in control of the movements of lovemaking. The feeling of power that this gives can increase her excitement—just as the man's pleasure can be increased if he is not afraid of relinquishing control.

—————♦—————





## PERFUMED GARDEN POSITIONS

In the north, a modest New York conference of the late nineteenth century which was  
entirely devoted to the cause of the colored people would not have been regarded as

[illegible][illegible]



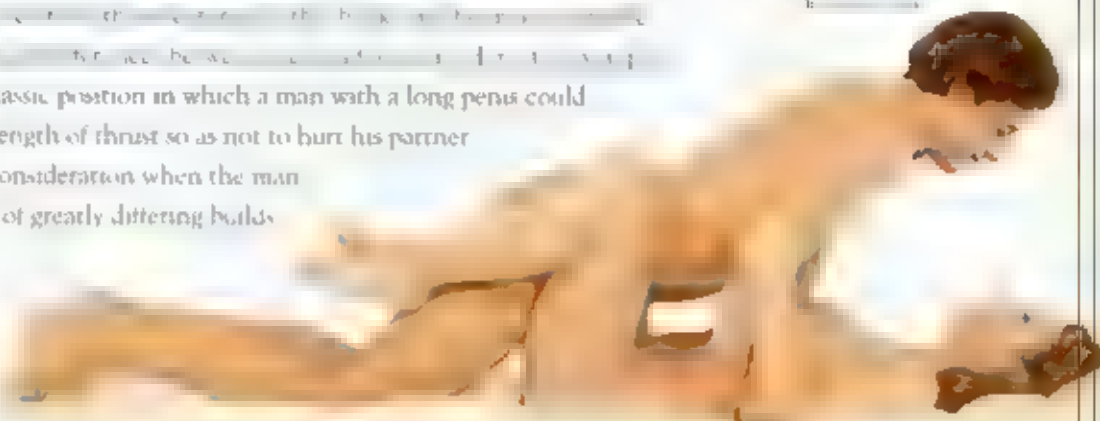
## FIRST POSTURE

*A slightly modified version of the first posture is particularly suitable for the man with a long penis*

any of the other postures. If you are a man with a long penis, you may find it difficult to adjust his length of thrust so as not to hurt his partner. This is a very real consideration when the man and the woman are of greatly differing builds.

**Thigh position**  
Lie on your back, and

pull your thighs up



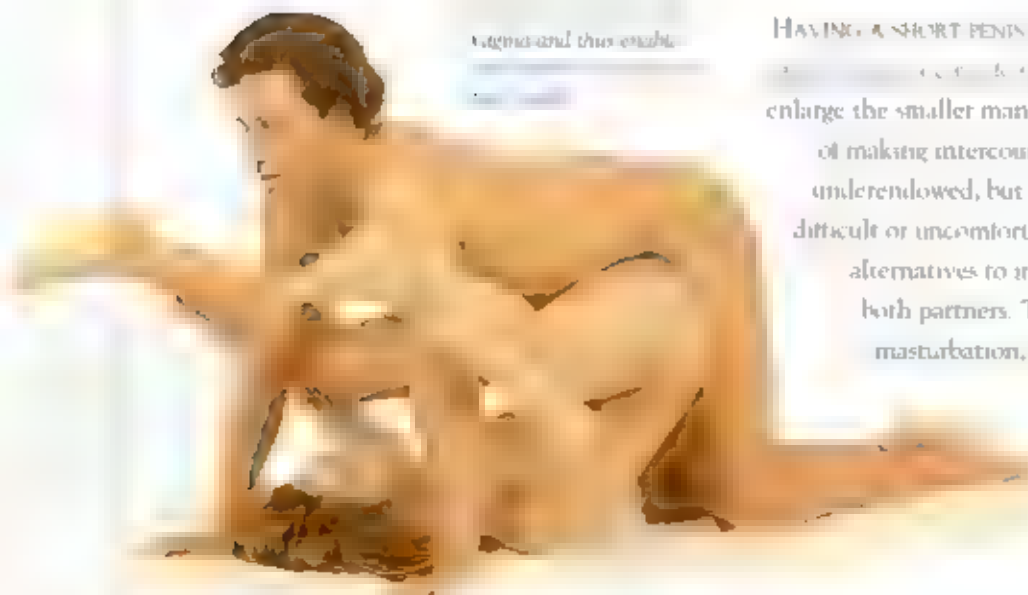
**Controlled thrusting**  
If you have entered her, support yourself on your hands and grip the bed with your feet to help you control the rhythm and depth of thrusting.

## SECOND POSTURE

This can hardly be described as a comfortable position for the woman. Sheikh Nefzaoui, however, recommends its use to the man whose member is a short one.

**Easier entry**  
By drawing your outstretched legs back as far as you can, you can reach your vagina and thus enable

HAVING A SHORT PENIS is something that a man feels very ashamed of. It is a problem that many men face, and it can make intercourse difficult for both partners. The second posture is a very practical method of making intercourse possible for the man who is particularly underendowed, but I suspect that most women would find it difficult or uncomfortable. In that event, the couple should consider alternatives to intercourse that will give satisfaction to both partners. These include masturbation, mutual masturbation, oral sex, and the use of sex aids.





## CONCERNING PRAISEWORTHY MEN

According to Sheikh Nefzaoui, a man who deserves favors is, in the eyes of women, the one who is anxious to please them. As for the physical attributes of this praiseworthy man when he is close to women "his member grows, gets strong, vigorous, and hard, he is not quick to discharge, and after the trembling caused by the emission of the sperm he is soon stiff, satisfied and appreciated by women; this is because the woman loves the man only for the sake of coition. His member should therefore be of ample dimensions and length, he should know how to regulate his emission, and be ready as to erection; his member should reach to the end of the canal of the female, and completely fill it in all its parts."

## THIRD POSTURE

*This is an excellent posture to use when you want really deep penetration, and was*

ALTHOUGH THIS POSTURE allows the maximum possible penetration, we recommend that it be attempted only when the woman is fully aroused to ensure that her vagina is ready to be penetrated deeply. During sexual arousal, the vaginal canal undergoes a process called tenting, which involves the enlargement of its upper end to accommodate the deep thrusting penis.

### Leg positions

Place her legs between her legs, then lift them onto your shoulder and the other leg to your arm.

### Wait for full arousal

Because this position allows for maximum penetration, do not adopt it until you are fully aroused and your vagina is fully extended.



## FOURTH POSTURE



Varying the angle at which the man enters his partner can create a novel range of sensations for both of them. The Fourth Posture, in which the man places both his partner's legs over his shoulders before he enters her, enables a couple to find the most pleasurable angles of entry.

### **Straight legs**

Keep your legs straight in front of you, and your ankles on his shoulders.

AN IGNORANT LOVER can unwittingly hurt both himself and his partner if he attempts to enter her at the wrong angle. But by raising her body a little before penetration he is unlikely to do harm. It is, of course, a good idea for him to kiss, caress, fondle and stroke her long before they begin sexual intercourse, so that she is properly aroused and her vaginal juices have begun to flow.

### **Angle of entry**

On first penetration, lift her body slightly so the woman lowers her vagina into your penis at the most pleasurable angle.



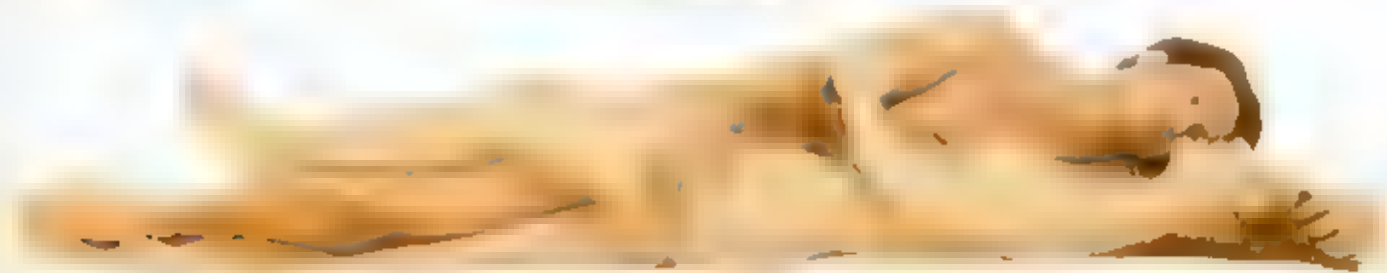
## FIFTH POSTURE



In this—the simplest side-by-side position, both partners lie with legs outstretched, and the woman raises her uppermost leg to allow the man to enter her. Nefertari warns, however—with true or no justification—that the posture may cause rheumatism.

**Deep penetration**  
Bend your leg and place it on his to ensure deep penetration.

LOVEMAKING POSITIONS in which the man and woman lie side by side and facing each other, as they do in this one, are excellent for inspiring deep feelings of loving tenderness.



## SIXTH POSTURE



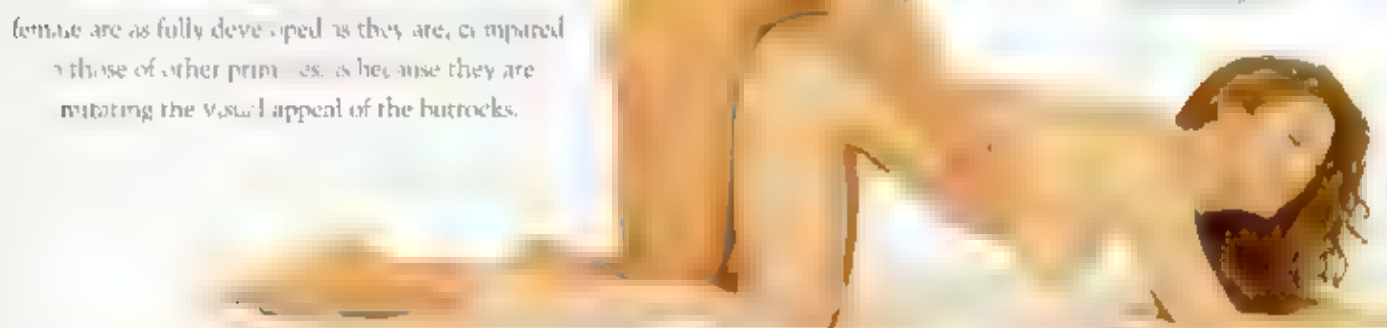
Because he enters the woman from a stable kneeling position, the man has his hands free to caress her back and breasts and stimulate her clitoris. Alternatively, he can hold her waist or hips and tap her back and forth on his member.

I THINK THIS CLASSIC rear-entry posture generates a powerful, primal eroticism. If at some time in our evolution we were truly ape-like, we would have copulated in this style. The buttocks are considered by anthropologists to give out strong sexual signals, and it has been suggested

that female apes and monkeys have enlarged buttocks because they are as fully developed as they are, compared to those of other primates, because they are imitating the visual appeal of the buttocks.

**Inserting posture**  
Part your legs and present your internal vagina to your partner.

**Kneeling position**  
Support yourself in your hands.





## CONCERNING PRAISEWORTHY WOMEN

In describing the woman to be admired Shiekh Netzaw, demands physical near-perfection, although to our eyes some of the characteristics he lists would be less than attractive.

"In order that a woman may be relished by men, she must have a perfect waist and must be plump and lusty. Her hair will be black, her forehead wide, she will have eye brows of Ethiopian blackness, large black eyes, with the whites in them very limpid.

"With cheek of perfect oval, she will have an elegant nose and a graceful mouth, lips and tongue vermilion, her breath will be of pleasant odor, her throat long, her neck strong, her breasts must be full and firm, the lower part of the belly must be large, the vulva projecting and fleshy, from the point where the hairs grow to the buttocks, the condit must be narrow and not moist, soft to the touch, and emitting a strong but not noxious smell.

"She must have the thighs and buttocks hard, the hips large and full, a waist of fine shape, bones and feet of striking elegance, plump arms, and well-developed shoulders. If a man looks at a woman with those qualities in front, one is fascinated, if from behind, one dies with pleasure."

## THE SEVENTH POSTURE



The Perfumed Garden specifies that in this posture the woman should be lying on her side while the man kneels and lifts one of her legs onto his shoulder, but it is marginally less difficult if she lies on her back.

WHETHER THE WOMAN lies on her side or on her back, this position is for acrobats and not to be taken seriously. You might, however, have a lot of fun incorporating it into a circus fantasy.

### Mutual view

Like all face-to-face positions, this offers both partners the stimulating opportunity to see each other's expression as they make love.

### Lift one leg

Get on your hands with one of her legs between your thighs, and lift her other leg onto your shoulder.





### Subtle changes

You can make subtle changes to the sensations you experience by leaning forward or back as you thrust.

### Comfortable entry

Position your legs and lean yourself carefully to ensure that you enter her at an angle that is comfortable for both of you.

### Cross your legs

Lean your back against your ankles are fixed and your thighs open.

## THE EIGHTH POSTURE



When you are in the eighth posture, you will find that you can enter her from a new angle, the angle of the eighth posture. She will feel a different sensation than she has felt in the other postures. The eighth posture is a new posture, a new posture, a new posture.

I have found that the eighth posture is a new posture, a new posture, a new posture. I have found that the eighth posture is a new posture, a new posture, a new posture. I have found that the eighth posture is a new posture, a new posture, a new posture.

## THE NINTH POSTURE

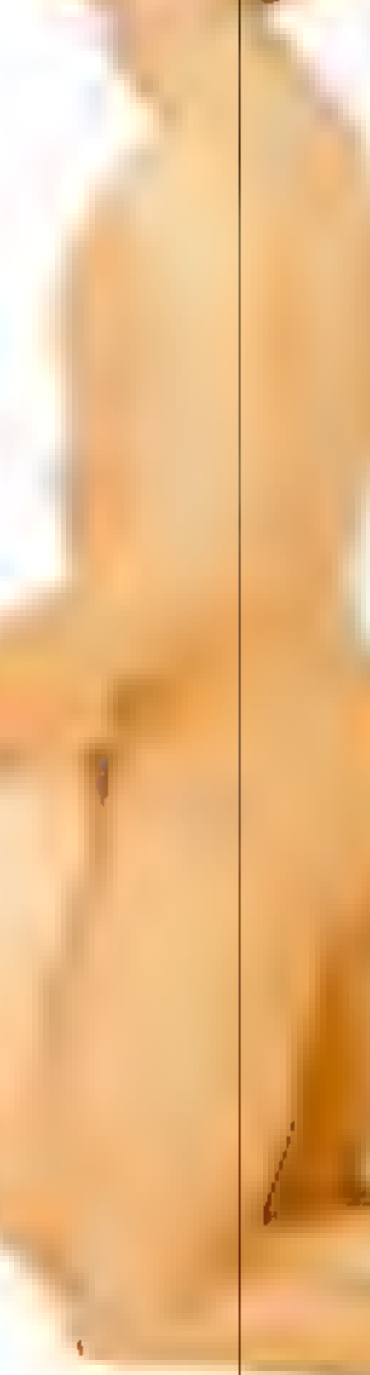
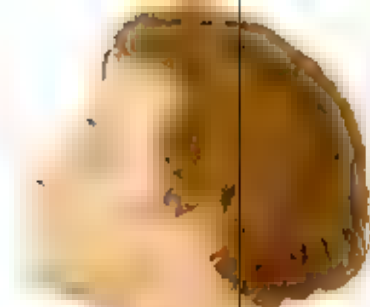
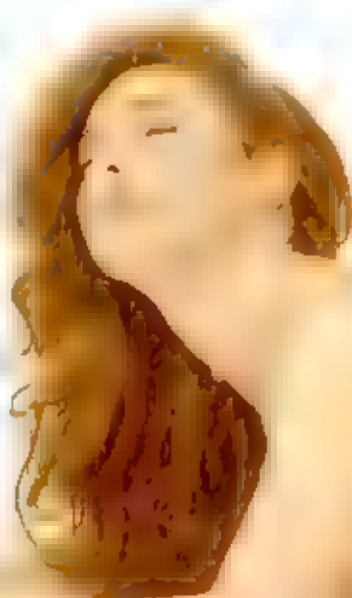


*This highly erotic posture can provide quite a variety of sensations because it has three main variants—two rear-entry and one face-to-face—and is one that lends itself to making love while clothed as well as when naked. In the rear-entry versions, the woman can either lie facedown across a bed with her knees on the floor, or stand and lean forward over it. In the face-to-face version, she lies on her back on a bed with her feet on the floor.*

**IN THE PRESENT** century, this is the position that is featured most often in fantasies (and in the reality) of making love on the kitchen table, in an office desk, or on some other unconventional surface.

### **Easier thrusting**

*Keeping your body nearly upright and gripping her hips will make thrusting easier.*



## THE TENTH POSTURE



### Grip the headboard

As the woman lies on her back, the man kneels between her legs, facing her. He grips the headboard with both hands, and she grips his thighs.

### Hip squeeze

As the man kneels between the woman's legs, he places his hands on her hips and squeezes them together.

limited, but she initiates it and he must respond to her rhythms. The woman lies on the bed with her legs stretched out and parted, and he kneels between her thighs. When he has inserted his member, the man bends forward and grips the headboard, and the lovers move back and forth with a seesaw motion.

PULLING AND PUSHING against the bed in this manner can improve the sensation of lovemaking so that it feels more decisive and exciting.

## THE ELEVENTH POSTURE



Although the woman's movements in response to her partner's are limited in this position, they are likely to be compensated for by the man's movements, so that the full range of motion that can be achieved is attained.

THIS CLASSIC POSITION allows deep penetration and good clitoral stimulation. The movement of intercourse will go from slow to fast rhythmically across her clitoris, providing gentle, stimulating friction that may trigger orgasm.

### Kneel comfortably

As the man kneels between the woman's legs, he places his hands on her hips and squeezes them together.

### Extra stimulation

As the man kneels between the woman's legs, he places his hands on her buttocks and back.

### Soles together

After he has entered her, he hooks his legs over hers and places the soles of his feet together.



## NAMING THE FEMALE PARTS

Drawing on the language of ordinary people, Sheikh Nefzaoui makes lyrical in praise of the female sexual organs. He uses a few different types, but gives special attention to what he calls

simply "the vulva" (the *Ar* — he — he uses refers both to — and the vagina). His description of it applies in particular to the sexual organs of a young woman:

such a vulva is very plump and round in every direction

grand and fat, the edges well defined, symmetrical, rounded, and

perfect throughout

pleasant — no doubt the best of all — are different sorts. My God! grant

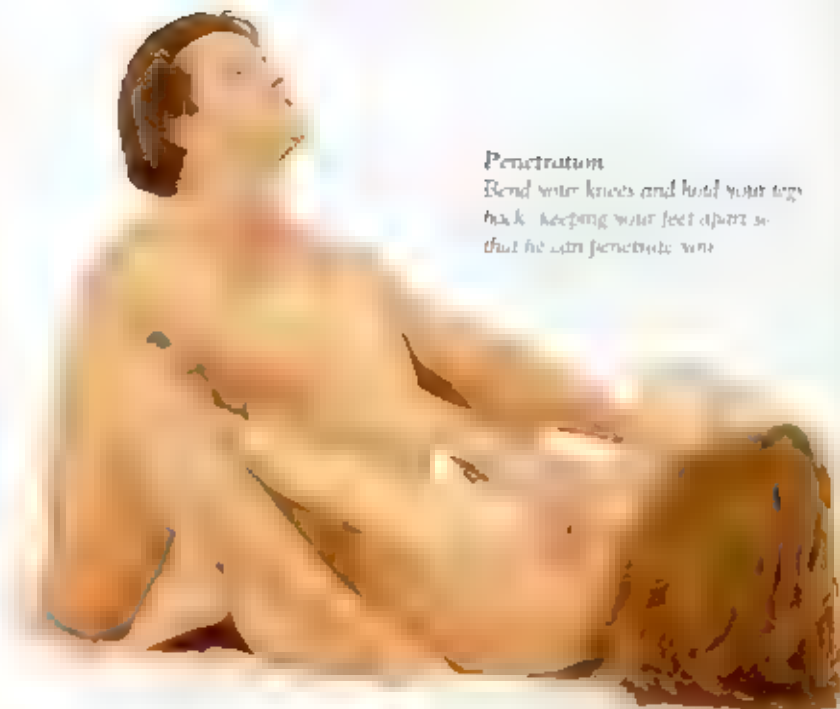
the possession of such a vulva. Amen! It is warm, tight, and big

that one might expect to see the birth of a child. I find it wonderful its color, pleasant, the whiteness of its inside sets off its carmine red outside. There is no imperfection about it.

As for the many variants described by *The Perfumed Garden*, their supposed qualities can often be discerned from their names alone—for example, the voluptuous, the crusher, the glutton, the bearded one, the one, and the del

Despite his humor, Nefzaoui recognizes something most of us seem to have lost sight of today—and that is that just months and faces are different in all genitalia. One thing that becomes clear about the Sheikh, on reading the elaborate details he gives in his descriptions of the different types of sexual nature of men and women, is how sexually experienced he himself must have been.

It is not just that he displays a grasp of sexual anatomy—both male and female—but also that he writes perceptively about the differences in human nature. In his description of the many different variants of male and female genitalia, he is really talking about the nature of the man or woman, rather than the style of his penis or her clitoris.



### Penetration

Bend your knees and hold your legs back, keeping your feet apart so that he can penetrate you

### Leg position

Sit with your legs apart, and gently push her legs back so that her breasts are close to her breasts

## FROG FASHION

Neither partner can move much in this position—in which the man is sitting and the woman is lying on her back—but it is both and relaxed. At the moment of orgasm, Sheikh Nefzaoui suggests, he should grasp her upper arms and draw her to him.

WOULD THE FROG POSITION have used this, I wonder? Seriously, though, here is a position where he can use the leverage provided by grasping her shoulders, and she feels very contained with her legs tucked back. It's a curiously secure and cozy pose.

### Push gently

Keep your back on the bed or floor and firmly but gently push her back legs against her breasts



# THE STOPPERAGE

similar to the *Preseed Position* of the *Kama Sutra* (see page 79)—makes penetration difficult, and once inserted, the penis presses on the cervix. There is a corresponding intensity

IN HIS DESCRIPTION of this position and its effects, Sheikh Nefzawi demon-

careful when attempting this position



## Hand positions

Hold her shoulders or pass your hands under her arms as well as under her

## Back support

Lie on your back with a cushion or couch under your buttocks

## GRIPPING WITH THE TOES



The man is unable to thrust freely in this position, but it is good for expressing tenderness and as an interlude between more vigorous lovemaking. The woman lies on her back and the man enters her while kneeling between her thighs and bracing himself by gripping the bed or floor with his toes.

THIS IS ONE OF those positions in which the man can vary the angle of penetration by simply leaning either toward or away from his partner.

### Hand holds

Put your hands behind each other's neck.

### Leg grip

Wrap your legs around his waist and pull him toward you.

### Lean her legs

Hold her legs close together, lift them straight up, and rest them against your chest.

## WITH LEGS IN THE AIR



By squeezing her thighs together, the woman can increase the highly pleasurable pressure on her partner's member. As the tension between the vagina and the penis is great, the man should alternate light strokes with more forceful thrusts.

THIS IS ANOTHER excellent position for the older man who needs a lot of friction on his penis to stimulate him enough to climax. Because it does not provide much stimulation for the woman, however, other methods—such as oral sex or masturbation—should be used for her pleasure.

### Thighs

Squeeze her thighs with yours as you gently enter her.



### Raise her legs

Kneel at her feet - raise her legs - and place them on either side of your neck before you enter her

## THE TAIL OF THE OSTRICH



The man can satisfy thirst - or he can vary the sensations for himself and his partner as he does so by raising or lowering her to change the depth and the angle of penetration. If he does this - he should support her with his hands under the small of her back

I THINK THIS POSITION smacks of male fantasy and has little to do with making sexual intercourse good for the woman. If she is happy to indulge her partner in what almost amounts to a fetish (she is, after all - almost lying down), then it will do her good. But bear in mind that this could be very rough on her spine and neck

### Upright posture

head and

shoulders remain on the heels





### Massage her clitoris

Use one hand to hold the lips of her vulva closed, and the other to give gentle massage to the area around her clitoris.

### Thigh in thigh

Lie with your legs on either side of him and your thighs on top of his.

### Shallow thrusts

Make rapid but very shallow thrusts when she is highly aroused and ready for full penetration.

## FITTING ON OF THE SOCK



More a type of foreplay than a true position, this aptly named gambit is designed to arouse the woman for full penetration. While she lies on her back, her partner sits between her legs and inserts the tip of his member into her vagina, which he pulls gently closed around it with his thumb and first finger. Moving his member gently back and forth, he rubs her outer lips until his secretion moistens her vulva. He then enters her completely.

THIS IS AN EXCELLENT method of using the penis as a dildo. Because it's so different from intercourse and so locally focused on the inside of her vagina, including her clitoris, the woman may become extremely aroused prior to penetration.

### Views of the buttocks

When making love in this position, you can see her buttocks.





## INSPIRING AFFECTION

NEW MAN

importance of inspiring affection in the woman, and quotes the words of a woman on this matter:

Things that develop the taste for caresses are the toyings and caresses which precede it, and then the close embrace, the kisses, nibblings, and suction of the lips, the close embrace, the visits of the

and the sipping of the fresh saliva: these are the factors to react affection, and so on. In acting thus, the two

and enjoyment comes to the man and woman at the same moment."

## RECIPROCAL SIGHT OF THE POSTERIORS

he can thrust freely

participants to fantasize about making love to someone other than their real partner. If they are in a long-term partnership where foster such a fantasy. If, on the other hand, one of the partners showed a penchant for the position at an early stage of the relationship, I

### Control the action

Sit astride him, insert his penis, then

whoever was given you the most pleasure

### Careless her back

grip her with your thighs and your hands to caress her back and buttocks

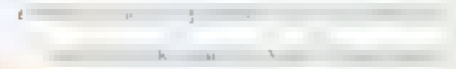


# THE ALTERNATE MOVEMENT OF PIERCING



In this unusual variation on the sitting position, the woman's role is entirely passive one: after penetration, her partner moves her back and forth instead of thrusting from the pommel. He can do this by alternately pulling her toward him and then letting her drop back slightly, or—as Shaden Ne'ama suggests, she can sit on his feet and he can move them to carry her backward and forward.

THIS IS THE SORT OF unusual pose that is included in *The Perfumed Garden* as a thought provoker. The man would have to be such an athlete and vigorous



Readers may be learning about the Sheikh's personal sex life this way—certainly sounds like one of the sexier key stories that arrive daily in sackcloths at the offices of many men's magazines.

Put together  
Place the sole of  
her feet together and  
draw your thigh

Buttock hand  
Support her buttocks  
with your hands





## THE MOVEMENTS OF LOVE

The author of *The Perfumed Garden* lists six movements for use during intercourse. The first three are the Bucket in the Well, the Mutual Shock, and the Approach.

### THE BUCKET IN THE WELL

"The man and woman join in a close embrace after the introduction. Then he gives a push and withdraws a little, the woman follows him with a push, and also retreats. So they continue their alternate movement keeping proper time. Placing their hands against floor and wall against hand they keep up the motion of a bucket in a well."

### THE MUTUAL SHOCK

"After the introduction they each draw back but without disengaging themselves completely. Then they both push tightly together, and they go on keeping it."

### THE APPROACH

"The man moves as usual after the approach. Then the woman, with the help of her receptive organs to move like the man, and then withdraws. And they continue this way until the ejaculation comes."

This is when *The Perfumed Garden* comes in to its own. Penetration can be an erotic and stimulating experience in itself, and the idea that you can use special techniques to prolong or extend some of the heart-stopping excitement of such a moment is thrilling.

### Leg position

Before penetration, put your legs between hers and make certain so that she can reach your feet.

### Hand grip

Hold her shoulders or place your hands on the upper part of her back.



### Foot hold

Grasp his feet or ankles and pull them up towards you.

## THE RAINBOW ARCH

Although less relaxed than most side-by-side positions, this posture's unusual angle of entry produces novel sensations for the woman. Because of the shape that is formed by the entwined lovers, this position is also called *Drawing the Bow*.

I THINK THIS POSITION HAS more novelty than practical value, and it is not one that most couples would want to maintain for very long. But it's fun to try, and it can be incorporated into any varied lovemaking session.

# POUNDING ON THE SPOT



This position will produce intensely pleasurable sensations for both partners. The man sits with his legs outstretched, then the woman sits astride and facing him and guides his member into her vagina.

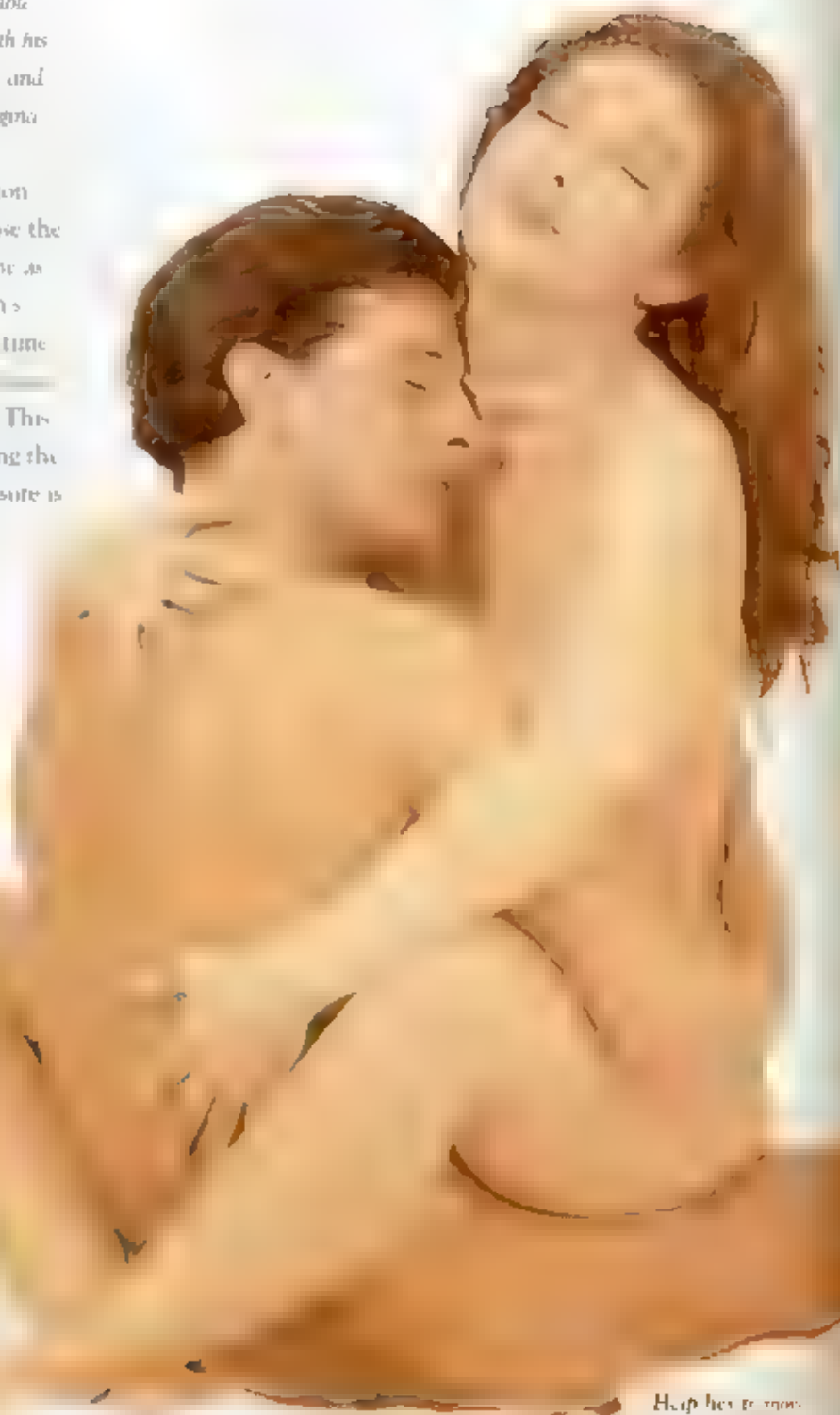
FOR THE WOMAN, this pounding position bears similarities to horseback riding, because the movement of her thigh muscles is the same as

that used in rising for the trot. The man's pleasure can be greatly enhanced if, every time she slides down onto his penis, she also

her vaginal muscles to grasp him strongly. This position is the added advantage of enabling the woman to be in control — their mutual pleasure is

dependent on her choice of action,

and it can make her feel powerful to have that choice.



## Army and legs



## Rhythm control

Because this position allows the woman to move up and down freely, she can control the rhythm of intercourse and the depth of penetration.

Help her to know:  
Use your hands to help  
her move up and down.

**Buttock support**  
Use a cushion or pillow  
to raise your buttocks

**Increased closeness**  
Engage your arms around him to  
increase the feeling of closeness

## COITUS FROM THE BACK



A woman experiences the pleasure of coitus with her partner's vagina in such a way as to ensure deep penetration. G-spot stimulation is achieved in this position. This is known to Sheikh Nefzaoui as the easiest of all lovemaking methods.

This is the only way a woman can experience a good idea, because it presents her vagina to her lover at a more favorable angle. It is a very effective position. The only disadvantage is that a husband has to be careful that the penis accidentally slipping out of her vagina.



## THE WOMANLY IDEAL

In addition to seeking an impossible standard of female beauty, Sheikh Nefzaoui looked for compliance and docility—in a word, subservience.

"She speaks and laughs rarely and never without a reason. She never leaves the house, even to see neighbors of her acquaintance. She has no women friends, gives her confidence to nobody, and her husband is her sole reliance. She takes nothing from anybody, excepting from her husband, and her parents. If she sees results, she does not meddle with their affairs. She is not treacherous, and has no faults to hide, nor bad reasons to proffer. She does not try to entice people.

"If her husband shows his intention of performing the conjugal rite, she is agreeable to his desires and occasionally even provokes them. She does not laugh or rejoice when she sees her husband mopey or sorrowful, but shares his troubles, and wheedles him into good humor until he is quite content again.

"She does not surrender herself to anybody but her husband, even if abstinence would kill her."



## NAMING THE MALE PARTS

Just as Sheikh Nefzaoui gave a long list of names for the vagina, so he does for the penis. Among the more inventive names he bestows are **The Smith's Bellows**—"The member is so called on account of its alternate swelling and subsiding. . . . It swollen up it stands erect and it not it sinks down flaccid." **The Sleeper**—"When it gets into erection, it lengthens out and stiffens itself to such an extent that one may think it would never go soft again. But when it has left the vulva after having satisfied its passion, it goes to sleep."

**The Impudent**—"It has received this name because from the moment that it gets stiff and long it does not for anybody, but impudently the controlling of its master by raising its head proudly and makes him ashamed when it itself feels no shame. It acts in the same unabashed way with women, turning up their clothes and laying bare their thighs. Its master may blush at this conduct, but as to itself its stiffness and determination to plunge into the side may increase."

## LOVE'S FUSION



*Face-to-face side-by-side positions such as this one permit the men to thrust vigorously and the woman to move with him if she chooses—Sheikh Nefzaoui's instructions to the man's master. After having introduced your member you move as you please and she responds to your action as she pleases."*

THERE ARE NUMEROUS WAYS of intermingling legs in side-by-side positions, and many men and women are turned on by the sensation of their partner's legs entwining around their own. Just lying together, weaving patterns with the lower limbs, can be very arousing. Such positions are also conducive to relaxed lovemaking and are intimate in that they allow each partner to see the face of the other.

*Leg over side  
Hook your uppermost  
leg over his side*

*Leg over leg  
Put your uppermost leg over  
her lowermost leg*

### *Free hand*

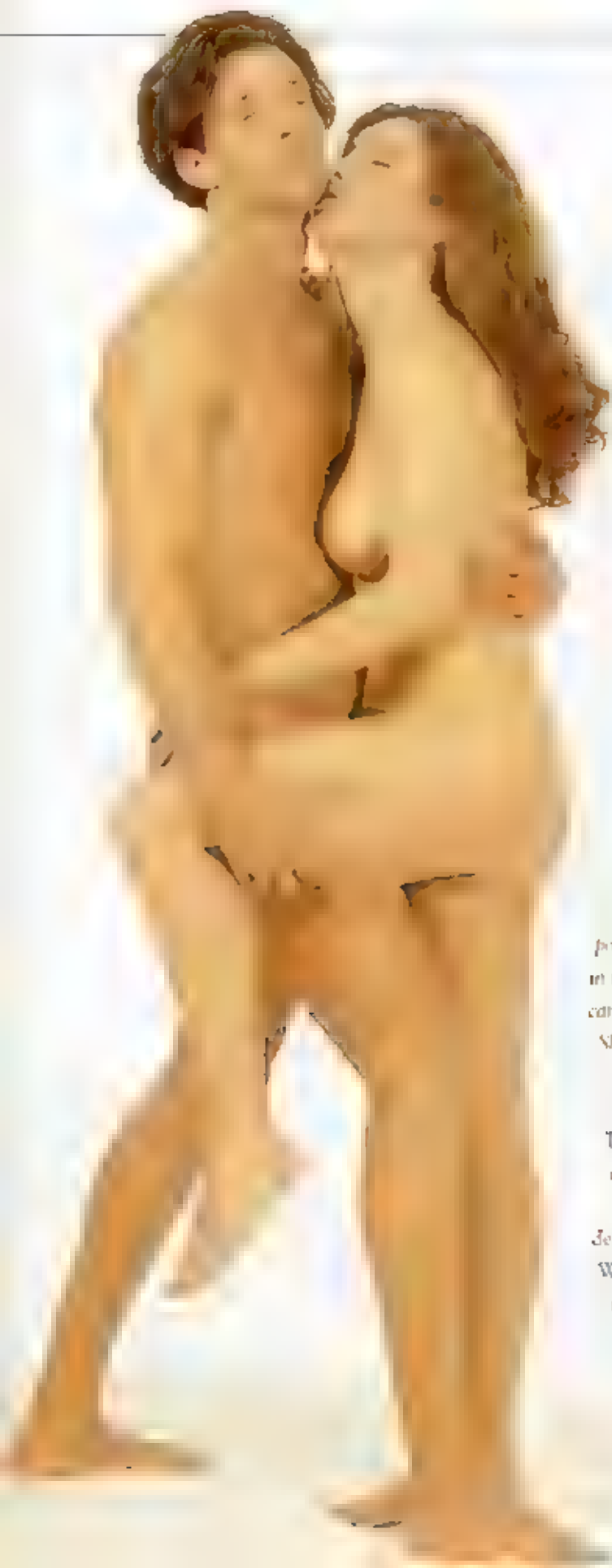
*Use your free hand to caress her buttocks and to hold her close against you*

### *Increased leverage*

*Press back with your uppermost leg to give you leverage when you thrust*







## BELLY TO BELLY



*When a couple is making love in this first of his standing positions, Sheikh Nefzaoui recommends that they use the Bracket in the Well technique of alternate thrusting (see page 125). This can be used when both partners have both feet on the floor, as the Sheikh suggests and is shown above, or when the woman hooks one leg over her partner's thigh, as on the left.*

**THIS IS ONE OF THOSE** downright lascivious positions that celebrate lust and desire. Why bother to lie down when you can do it so much quicker standing up? Why not demonstrate the strength of your attraction by being direct? Why not, just occasionally, enjoy the sheer recklessness of intercourse without preliminaries when you desire each other so much that you can't wait? This is a place in everyone's sex life for such immediacy.

# INTERCHANGE IN COITION



The \_\_\_\_\_ *Pranayama* \_\_\_\_\_ *Shavasana* \_\_\_\_\_ *Uddiyana* \_\_\_\_\_ *Karma Sutra's* postures for "women acting the part of a man" (see page 36). For a variant of this posture \_\_\_\_\_ *put her at a suitable angle* \_\_\_\_\_

\_\_\_\_\_ *must be in great shape to get the best out of this position—it's a marvelous one for aerobics students* \_\_\_\_\_

●● No one is indifferent to the  
enjoyment that proceeds  
from the difference  
between the sexes. ”

Spread your thighs  
raise and spread your thigh  
to the \_\_\_\_\_ she can hold  
between them

Press on his penis  
Push yourself up  
with your arms, draw  
press your thighs closely  
together to increase the  
pressure on his penis



## DRIVING THE PEG HOME



The second of Sheikh Nefzaoui's standing postures is so named because the movement of the man's member is reminiscent of a peg being driven into a wall. If he is strong, the man can thrust satisfactorily while bearing the weight of his partner, but as his member is very vulnerable to damage in this position, great care should be taken.

It seems to me to be such a difficult and risky sex position that perhaps it can be rated as a sexual activity alongside the Milk High Club—it's something so crazy you'd only really do it for kicks.

### Hold on tightly

Wrap your legs around his waist, hold his shoulders, and keep your back straight against the wall.

### Use your pelvis

Use your pelvis to help move your penis to a suitable height.



## THE STANDING POSITIONS OF LOVE

One of the difficulties with our modern world of sex therapy is that

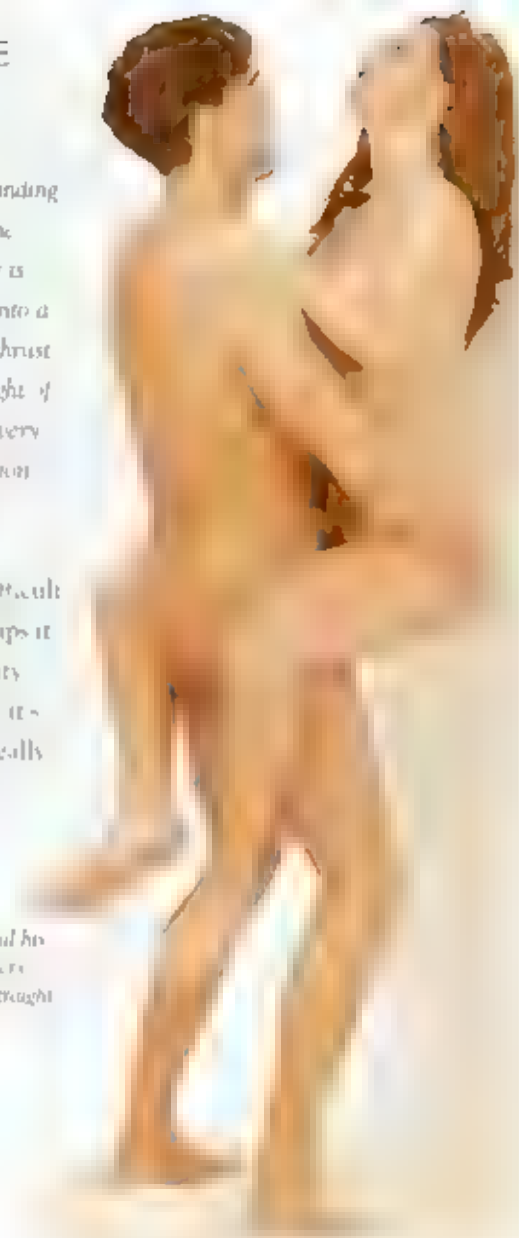
we've acquired some very limited ideas of what constitutes good sex. Sexual politics filter into the bedroom telling us, for example, that it's wrong to have sexual fantasies.

Sexually those where we're being dominated by the opposite sex. If a sexual position doesn't do it for the woman, then we are encouraged to avoid it.

However, sex is not just about what happens within our bodies. Sex involves the use of the imagination—it is enormously varied, and the elements that make it diverse and therefore continually interesting and exciting stem from our emotional involvement in it.

The standing positions described in *The Perfumed Garden* and the other classic love texts bear witness to this. Most people associate the standing position with sudden passion, while standing with sudden passion, with the inability to wait a moment longer, with a kind of exuberant desire all with the sort of excitement that overtakes you to the point of throwing caution to the winds.

And sometimes in sex, as in life, we want to act on our impulses instead of according to some kind of plan. Impulses are one of the fun of life, the element that makes it worth living on. This is what the various standing positions are all about.



# THE RACE OF THE MEMBER

For the man who is curious to know what it feels like being a woman (and yes, there are quite a few), this is an interesting experimental position. He lies on his back with his knees up and his member into her vagina. For this more advanced version, he sits up toward his face and she sits astride his thighs to "ride" him.

FOR THE MAN who is curious to know what it feels like being a woman (and yes, there are quite a few), this is an interesting experimental position.

And power



**Intertwined legs**  
 Sit with your right leg  
 over his left thigh  
 and his right leg over  
 your left thigh

**Gentle rocking**  
 Hold each other's  
 upper arms and rock  
 gently backward  
 and forward

## THE FITTER-IN



A gentle rocking motion rather than a thrusting action provides the stimulation in this unusual position. Cradling each other's arms, the lovers seesaw gently backward and forward, being careful to maintain a mutually enjoyable rhythm. Sheikh Nefzaoui (whose descriptions of intercourse usually assume that it is taking place on the ground) recommends that the couple maintain an exact rhythm "by the assistance of their heels which are resting in the ground."

THIS FASCINATING POSE must be designed for the artists among us because the newness of the interweaving of the thighs appeals enormously to those who see everything in terms of patterns. There's absolutely no reason why you shouldn't enjoy sex in this way, taking pleasure in creating a piece of living art composed of you and your partner.



## FURTHER MOVEMENTS OF LOVE

The second and third movements are focused by Sheikh Nefzaoui to encourage intense pleasure. Love's Tailor, The Toothpick in the Vagina, and The Encirclement of Love.

### LOVE'S TAILOR

"The man, with his member being on a part of your body inserted, keeps up a sort of quick friction with the part that is in, and then suddenly plunges his member in up to its root."

### THE TOOTHPICK IN THE VULVA

"The man introduces his member between the folds of the vulva and then drives it up and down and right and left. Only a man with a vigorous member can do this."

### THE ENCIRCLEMENT OF LOVE

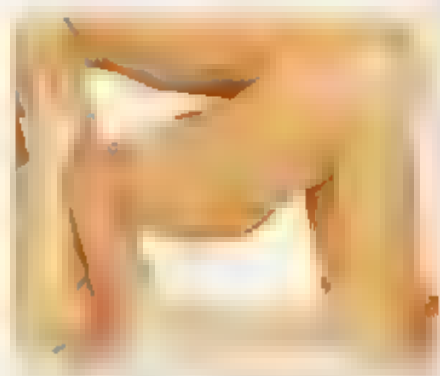
"The man introduces his member entirely into the vagina, so closely that his hairs are completely mixed up with the woman's. He must now move forcibly without withdrawing as far as the least."

# THE ONE WHO STOPS AT HOME

The woman repeatedly raises her buttocks with a smooth upward motion and then drops them again in a series of short jerky movements. While she is doing this, her partner follows her movements, making sure that his member does not slip out and, as Sheikh Nefzaoui instructs, sticking "like glue to her."

If nothing else but this would soon become less exciting and eventually extremely tiring.

Straight back



MAINTAINING CONTACT  
Move your

Left hand



Draw him to you  
Lock your feet  
behind him and draw  
him toward you as  
he thrusts

Caresses and support  
Use one hand to caress  
her while supporting  
yourself with the other

Buttock lift  
Support her buttocks  
with your thighs

## THE SEDUCER



The seductiveness of a face-to-face posture combined with the pleasures of deep

penetration. When the woman is in the seducer position, she is facing the man. If she provides even deeper penetration, she puts her legs over his shoulders.

By wrapping her legs around his waist, the woman gives the man more leverage as he thrusts. I always recommend that when lovers are adopting this position, it should be the woman who guides the penis into her vagina. This gives her an opportunity to knead and massage the penis before insertion, providing her partner with some extra stimulation.



# THE POSITIONS OF THE TAO

Taoism is an ancient system of religious and philosophical beliefs whose foremost principle is the Tzu, who was born around 604 BC. Although is called Taoism,

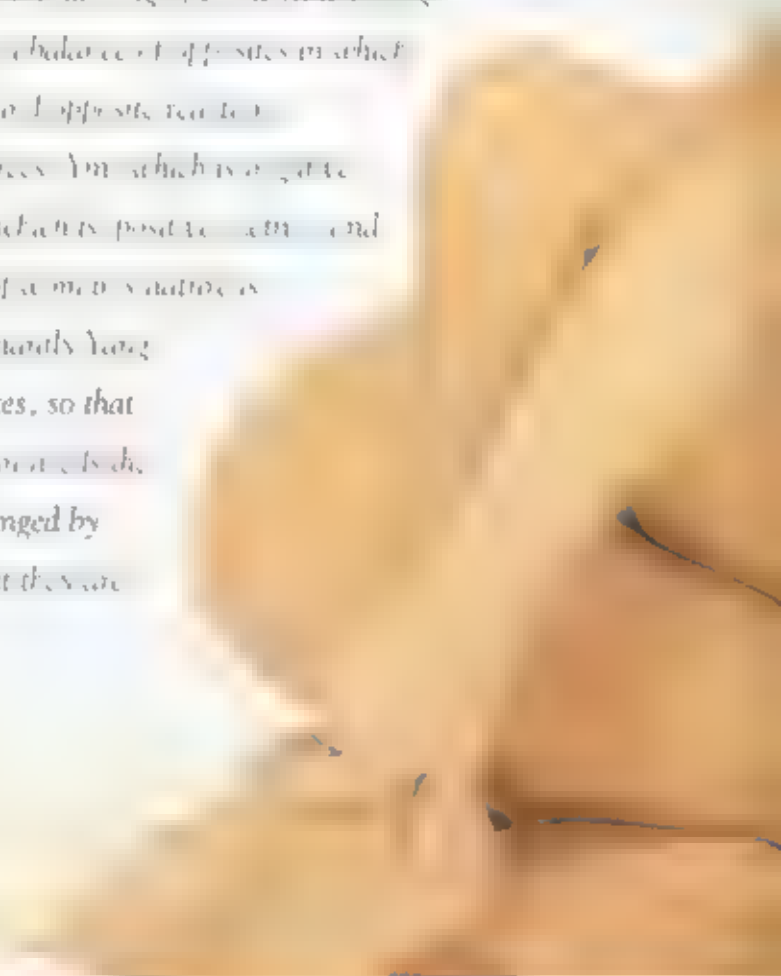
the Tzu thing has truth or may been ascribed to Tzu. Tzu's philosophy  
now date it to some the centuries after his time. At the heart of  
Taoism is the belief that ultimate harmony exists in the universe and  
can be attained by following the Tao. The word Tao is the Chinese  
pronunciation of Taoism, it also signifies the functioning

of the universe. The Tao is the balance of opposites in which  
everything that exists has an equal and opposite reaction.

At each of the extremes are two forces, Yin which is a negative  
passive and the Yang which is positive and

restoring. The main component of a man's nature is  
Yin, as he is naturally Yang.

An unbalance exists between the sexes, so that  
a man feels the male force and a woman feels the  
female force. These forces are exchanged by  
sexual intercourse and it is at these times that they are  
at their most potent.





# THE FOUR BASIC POSTURES

In the Taoist book *Taoist Sexual Culture*, the author Li Tung-Hsiang describes 26 positions or variations, many of which are variants of the four basic postures. These basic postures are the primary method by which the Taoist men and women may enjoy physical attachment side by side and face to face and  
**The Fish Sunning Itself (rear entry)**

## THE DRAGON TURNS

*This position is one that allows the maximum possible penetration, so the man should not attempt to enter his partner until she is fully aroused and her vagina*

*This position is a pretty impersonal way for the couple to find satisfaction. Eye contact is blocked by the woman's upright legs, the strain on her legs makes the whole experience very uncomfortable for her, and the fact that her legs are held right against her and upright ensures that her clitoris receives no stimulation from his penis. I'd vote a definite "no" on this one.*

### **Legs up**

*Keep your legs together and as straight as you can.*

### **M Manipulation**

*Use one hand to push her legs back as far as is comfortable for her, and the other to guide your penis into her vagina.*

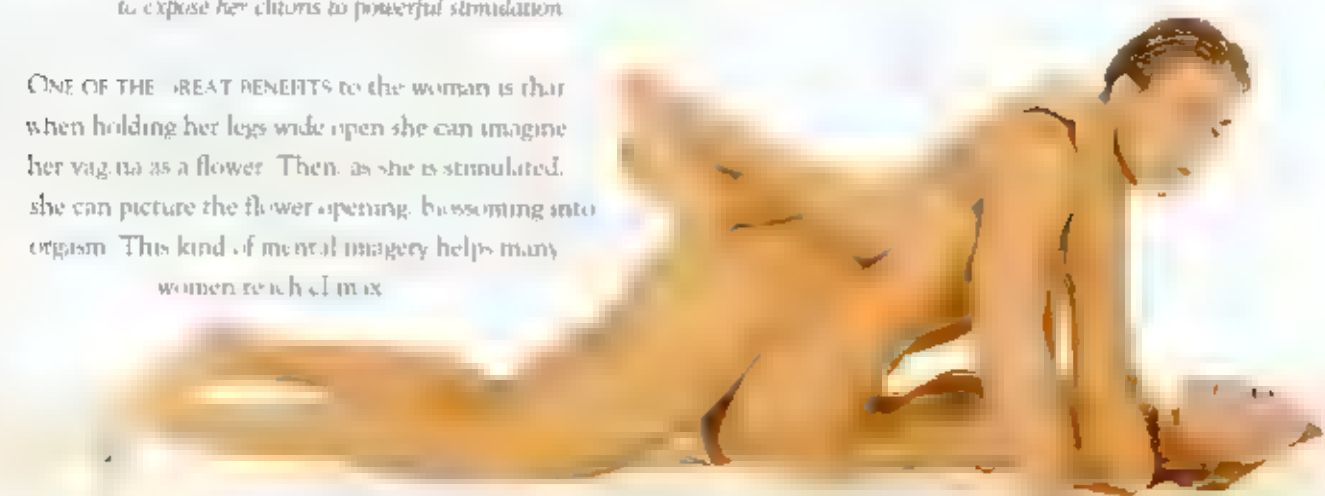
# A SILKWORM SPINNING A COCOON

While lying on her back, the woman raises and spreads her thighs to expose her clitoris to powerful stimulation.

ONE OF THE GREAT BENEFITS to the woman is that when holding her legs wide open she can imagine her vagina as a flower. Then, as she is stimulated, she can picture the flower opening, blossoming into orgasm. This kind of mental imagery helps many women reach climax.

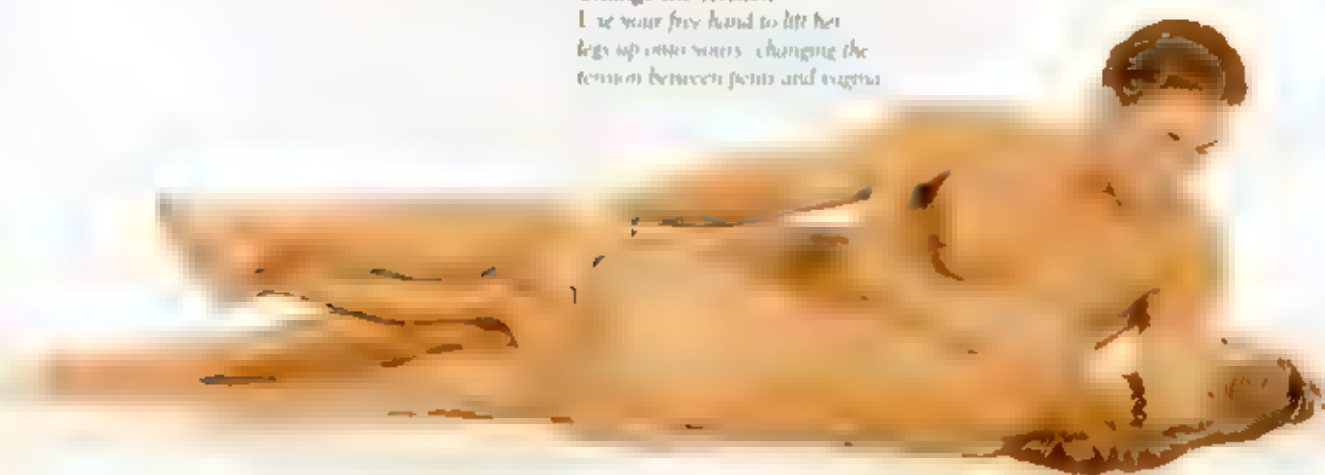
Be responsive

Place your feet behind his back, and pull yourself up and down to respond to his movements.



Change the tension

Use your free hand to lift her legs up onto yours, changing the tension between penis and vagina.



Leg position

Keep your legs together and pull them up to his

## TWO FISHES

After penetration, the man lies on his side by side. After penetration, he lifts her legs onto his

For the man, intercourse is more comfortable with the fish position if he has a long penis; otherwise, only a short part of it can remain comfortably inside her vagina, and it can easily slip out.

# BUTTERFLIES IN FLIGHT



The man's movement is limited unless his partner is very light—but this

is not a problem for a man who is able to move his partner into the

male role and make love to him. Once the penis has been inserted, both

partners stretch out their arms on either side of them, evoking the

butterflies of the position's name.

THE TITLE OF THIS position is immensely evocative—the movement of

the woman with her arms (wings) outstretched could, indeed, be

undulating like that of a fluttering butterfly.

**Push with your feet**  
Place your feet on his and push  
against them to move yourself up  
and down on him.

Free hand

Hand

Knee position

Feet position

Feet position

# MANDARIN DUCKS



Its name inspired by the mating of mandarin ducks, this side-by-side, rear-entry position allows the man to thrust freely.

THERE'S SOMETHING SLY and seductive about

sipping into your partner from the rear, especially if she has not been expecting it.

For example, if she is asleep, it can be a great way of waking her up.

**Stretched legs**  
Both of you should stretch your legs out fully.



## THE LANGUAGE OF TAO

Like the classic Indian and Arabic writers on love, the compilers of the many Taoist "pillow books" (sex instruction books) reveal a fertile imagination in their descriptions of sexuality. Among the many evocative terms that occur repeatedly are

### THE MALE SEXUAL ORGAN

Jade Stem, Coral Stem, Male Staff,  
Turk Head, Red Bird, Heavenly  
Dragon Pillar

### THE FEMALE SEXUAL ORGAN

Coral Gate, Jade Gate, Chunabier,  
Vermilion Gate, Jade Pavilion,  
Lotus, Open Peony Blossom,  
Receptive Vase, Pearl on the Jade  
Step (clitoris), Jewel Terrace (cervix)

### ORGASM

Clouds of Fragrance, Rain,  
Fog

### SEXUAL UNION

At the Rain, The Clouds  
Rain, The Delight of  
the Couch

## SWALLOWS IN LOVE



Another position with a name inspired by the courtship of birds, this gentle, man-on-top posture offers only moderate penetration but gives lovers an opportunity to express tenderness and mutual possession very eloquently.

THE PARADOX OF THIS position is that it is a method of feeling close to each other yet, through our stretched bodies, separate. This typifies the whole experience of intercourse, while intercourse may often create a feeling of mental fusion, the reality is that only the individual can experience his or her own sexuality.

Hold him

Grip his waist with both hands

Kneel, bend

Bend your legs at the  
knees before he  
enters you

Forearm support

Thrust gently, slowly

Use your hands

## THE PINE TREE

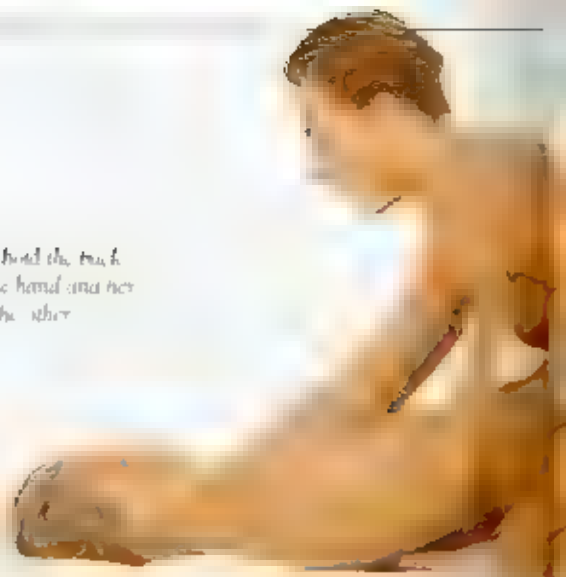


This position is ideal if the man's penis is short because it provides deep penetration and, by using her entwined legs, the woman can pull herself up and down in rhythm with her partner's thrusts.

It is a deep-penetration version of the good old missionary position, and the woman shows her enthusiasm for her man by wrapping herself around him.

### Hold on

After entering her, hold the back of her neck with one hand and her right ankle with the other.



### Hold him

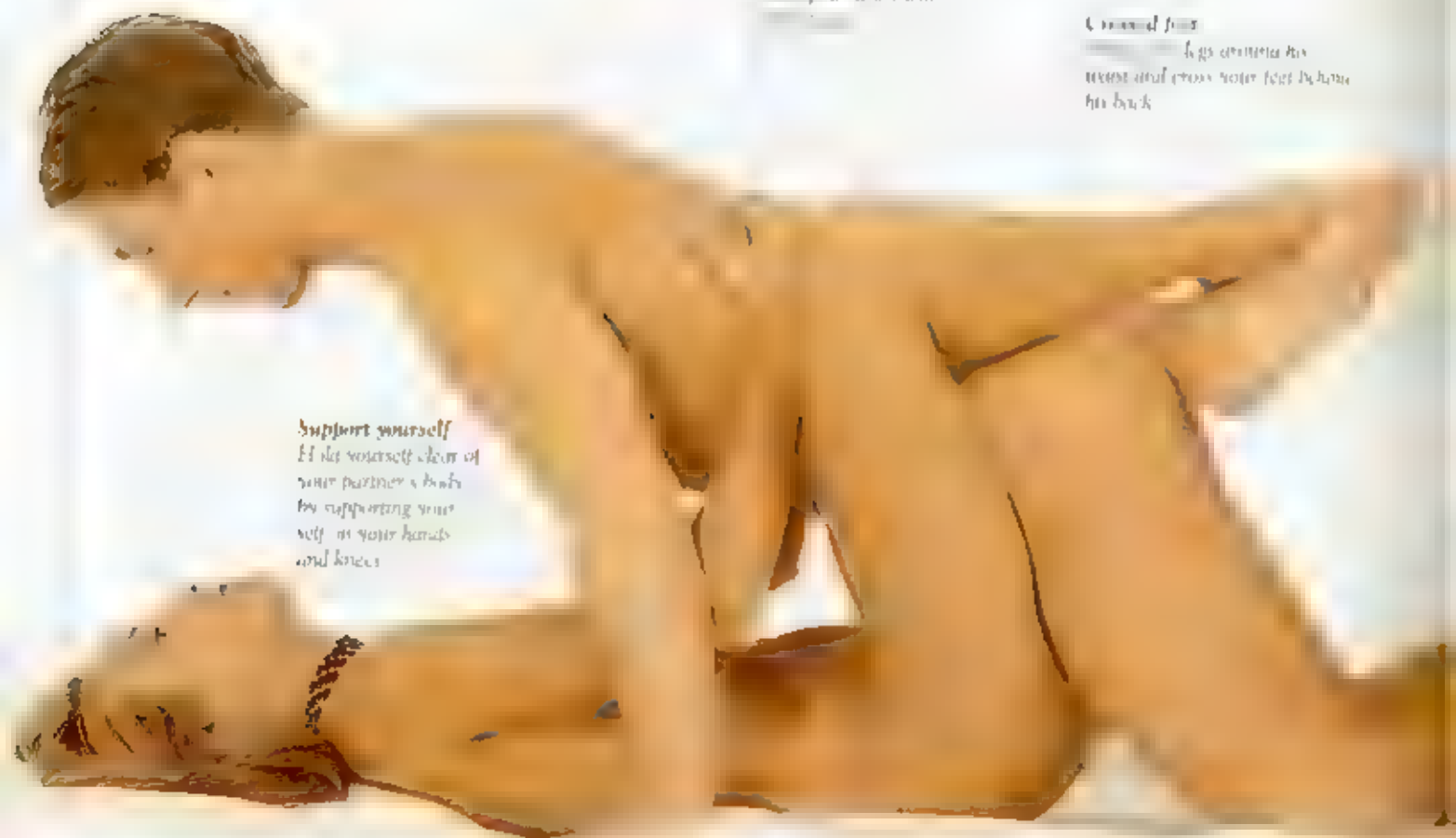
Wrap his waist with your arms.

### Crossed feet

Legs around his waist and cross your feet behind his back.

### Support yourself

Hold yourself clear of your partner's body by supporting yourself on your hands and knees.





# THE GALLOPING HORSE



**Feet in**  
Bend your knees  
and sit back  
in next to his

the restrictions of his kneeling position

THE BEST WAY to make this complicated position work is to move up and down, but if the man is tall and the woman is small and light forget it. It would either be impossible or positively dangerous should he fall.

## SEAGULLS ON THE WING



In most man-on-top positions, the penis thrusts downward in the vagina, but here the penis and vagina are parallel, so that for both partners the sensations are somewhat different.

THERE'S SOMETHING ABANDONED about her slipping half off the bed and him thrusting wildly. But although his angle of thrust is interestingly different, his position means that her clitoris gets even less stimulation than usual. To help her get the most out of this posture, clitoral stimulation by his or her fingers would greatly add to the enjoyment.

**Feet on the floor**  
Lie with your buttocks resting comfortably on the edge of the bed and your feet on the floor; if they will reach

**Keep upright**  
Kneel between her legs and keep your back straight to maintain  
of penetration

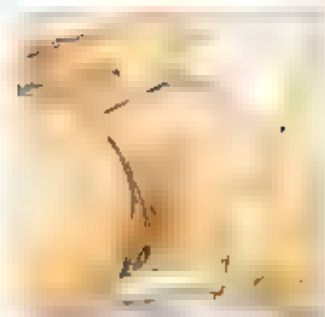


# CICADA ON A BOUGH



Although the clitoris is not directly stimulated by the penis, the pressure of the penis against the clitoris stimulates it. This is especially true if the woman is lying on her back and the man is on top of her. The highly sensitive G-spot

It's HARDER TO GIVE EXTRA stimulation to the clitoris here because the woman's weight is pressing down on it. The clitoris is pushed against the G-spot, but the pressure of the woman's weight bears down on her, her genital area is pushed against it.



Using a vibrator  
To give extra stimulation to the clitoris, use a vibrator on the clitoris. Switch it on before penetration.

**The hold**  
Grip the bed with your toes when you thrust.

## THE GOAT AND THE TREE



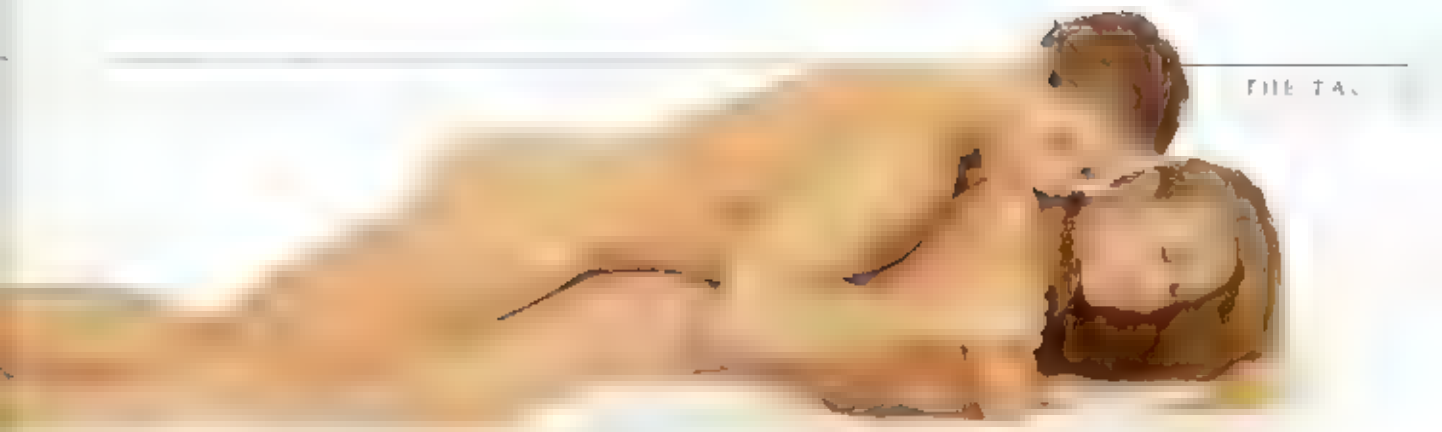
Although the man's movements are restricted, his hands are free to fondle his partner's face and breasts and stimulate her clitoris. This last possibility can prove useful because the woman is otherwise unlikely to reach orgasm in this position.

THIS DELICATE GAME could easily grow out of foraging around in casual circumstances. If she happened to sit on his knee during conversation, if she happened to kiss him as he was talking and he returned the kisses, and if one thing turned into another, before you know it, she could take him by surprise.

**Firm support**  
Sit on a firm chair, preferably one with a supportive back.

**Gentle rucking**  
Sit astride him with your feet on the floor so that you can rock gently backward and forward in his penis.



**Increase penetration**

Lifting your buttocks and raising them by pulling up with your arms will increase penetration.

**Shoulder hold**

Grasp her shoulders or upper arms as you thrust.

**Waist hold**

Grasp her waist or thighs as you thrust.

## THE WHITE TIGER

Many women find being penetrated from behind particularly stimulating, and this rear-entry position has the added advantage that the man can enjoy a view of his partner's buttocks.

One of the advantages for the woman is for the man to reach forward with one hand, so that he can stroke her clitoris with an upward motion on each of his forward thrusting strokes. This will add to her sense of excitement and arousal.

**Kneeling posture**

Support yourself on your forearms, and spread your thighs so that he can enter you.



## A PHOENIX PLAYING IN A RED CAVE

The vivid imagery of this posture's name hints at the deep penetration that it allows, but it may prove tiring for the woman if her partner is not fully aroused before he attempts penetration.

THIS IS A WONDERFULLY evocative title for a position in which the woman lifts her legs to present the "red cave" to her lover's penis to "play" in. Because she is not able to move much, this is a position where the man should first use his penis as a dildo, rubbing it up and down her inner thigh, then across or around her clitoris. On penetration, he might attempt some of the Movements of Love suggested by *The Perfumed Garden* (see pages 125 and 133).



Leg position:  
Tuck your legs  
toward your  
chest and use  
both hands to  
hold them  
up.

### Gentle pressure

Lean gently forward against her thighs without pushing too hard.

## A HUGE BIRD ABOVE A DARK SEA

This is another position that allows deep penetration. By lifting her legs, the woman changes the angle of entry of the penis so that, compared with the basic missionary position, stimulation is more intense for both partners.

By PLACING HER LEGS over her partner's arms, the woman is both literally and figuratively making herself very vulnerable.

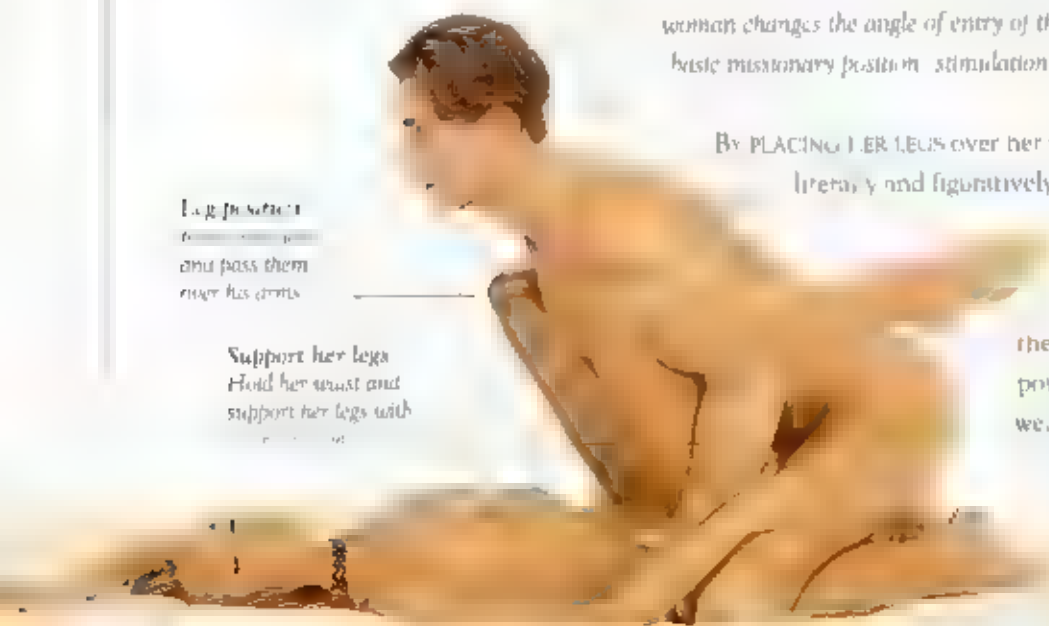
Many women would feel emotionally unable to adopt this particular position unless they were deeply in love, so there is powerful meaning involved in it as well as profound physical sensation.

### Leg position:

Tuck your legs  
and pass them  
over his arms.

### Support her legs

Hold her wrist and  
support her legs with  
your arms.



**Keep your balance**

Put one hand around his neck and the other on his leg to help you keep your balance

**Support her buttocks**

Steady yourself with one hand and support her buttocks with the other

## A SINGING MONKEY



When you are in this position, you will feel the feeling of closeness

*the feeling of closeness*

When you are in this position, you will feel the feeling of closeness and thus, which can create very pleasurable sensations for her

**Use your legs**

When you are in this position, you will feel the feeling of closeness

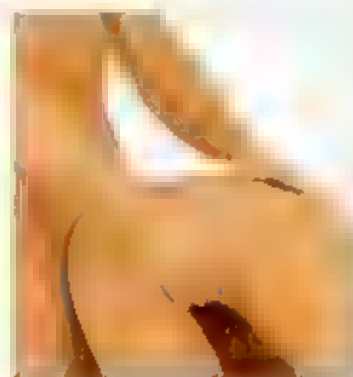
## LATE SPRING DONKEY

Named to reflect the mating behavior of donkeys in the late spring, this is not a position most women would want to adopt for any length of time.

*should be attempted only with care*

A SIDE EFFECT of trying this position is that after a few minutes with her head pointing at the floor, the woman gets a rush of blood to the brain, her breathing becomes constricted, and her perception of the sexual activity is changed. If she is able to climb in this position, this could all add up to a spectacular orgasm, but if she is not so lucky she is likely to end up with an appalling headache.

**Thrusting**  
Hold her waist as  
support yourself  
when thrusting

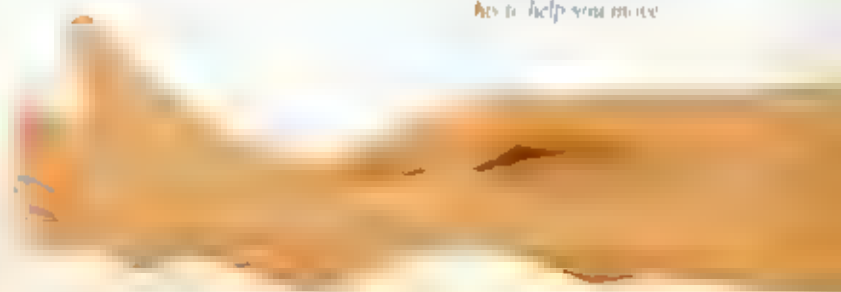


**CONTROL OF MOVEMENT**  
Holding her waist allows you to thrust without losing your balance. It also helps you keep your penis from slipping out and lets you control the depth of penetration.

**Straight legs**  
Keep your legs as  
straight as you can  
and place your  
hands flat on the  
floor.

**Relax**  
Lie on your back with  
your legs and feet relaxed.

**Foot action**  
Brace your feet against  
his to help you move.





## THE TAOIST PILLOW BOOKS

Over many centuries, probably from as early as 2,500 years ago, the wisdom of the Taoists concerning sexual practice was enshrined in "pillow books." Of these, the best known is the *T'ung Hsüan Tzu*, written by the seventh-century physician Li T'ung-ch'uan.

Even today, the classic texts and descriptions are very explicit. Illustrations of the pillow books appear perhaps only to some Western eyes. By contrast to the Chinese who used them, they were respectable guides not just to the mechanics of sex, but to living long and well in which deeply held sexual expression played a central role.

Conversely, despite their candor and explicitness, the Taoist pillow books show some common ground with the less therapeutically oriented present guides, including no sexual and less in practice. This exclusion was almost always justified on the philosophical basis that true sexual union is the interplay of complementary forces, described as the two complementary sexes. Similarly, the books do not cover any form of sodomistic practice.

## CAT AND MICE SHARING A HOLE

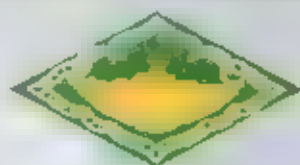
*Like other woman-on-top postures, this allows her to control the movements and rhythms of lovemaking. Although strenuous effort is usually required if either partner is to reach orgasm, this striving together can be mutually exciting.*

THIS IS THIS A disappointing position, considering the evocative title—my own version would include active stimulation by the hands and fingers. For example, he has both hands free, so he can caress any part of her body that he can reach, including her buttocks, breasts, and possibly her clitoris. She has the opportunity to give him any manual stimulation, unless she can support herself in one hand.

*By changing a rhythm  
Push alternately against  
your hands and feet  
to make mutually  
rhythmic and  
frequent, or slower  
or faster a pace.*







# BEFORE AND AFTER LOVE

*Those things that increase  
passion should be done first,  
and those for amusement should  
be done afterward.*



# SAFER SEX

Although sexual diseases were already in existence by the time the *Kama Sutra* was written, Vershayana makes no mention of them. People "who were not afraid of death but practiced safe sex" is a very recent phenomenon. What has prompted this change in sexual behavior is the dramatic rise of AIDS. Acquired Immune Deficiency Syndrome (the term for the disease caused by the Human Immunodeficiency Virus), which is the cause of AIDS. The basis of safer sex is avoiding the exchange of bodily fluids (semen, blood, secretions) and therefore the exchange of the virus. The most effective way of doing this is to use the barrier method. A latex condom is the best way to use a latex condom (see page 154) with a spermicide containing nonoxonyl-9.

## MINIMIZING RISK

When complete trust exists between partners and each is confident enough of the other's sexual history to be reasonably sure that there is no risk of contracting a sexually transmitted disease, there is always the risk that any new partner will be infected. New partners should always practice safer sex. Blood tests for exposure to HIV can serve as an indicator that an infection has been contracted.



## NON-PENETRATIVE SEX

sex. Dry kissing, embracing, stroking, and massage all express closeness eloquently and with minimal risk of HIV infection. Mutual masturbation may be used in the same way, but to be extra safe the active partner should not allow any semen or vaginal fluid to come into contact with her or his fingers or hands in case there are any cuts, abrasions, or open sores on them.

sustained. A degree of protection is provided by using a condom during neither method is totally safe.

In accepting non-penetrative sexual activities as a valuable part of their transmit the virus to each other will come to rely less on coital sex. When intercourse does take place, they should always use a condom.



## HIV AND THE DEVELOPMENT OF AIDS

When HIV gets into the blood stream, it attacks the immune system, the complex mechanism that enables the body to defend itself against disease. This damage eventually leaves the body vulnerable to other infections and, some to contract other rare illnesses, including certain types of cancers and pneumonias. When a person with HIV begins to be affected by such illnesses, he or she is said to have developed AIDS. It is these illnesses, not HIV infection itself, that will eventually cause the death of a person with AIDS.

When a person is infected with HIV, the virus will be present in his or her blood. It will also be present in the semen of infected males and in the vaginal secretions of infected females. Anyone coming into intimate contact with these infected bodily fluids, as can happen during unprotected sexual intercourse, will be at high risk of contracting the virus themselves.

Once HIV has entered the blood, there is as yet no way of eradicating it, and AIDS will usually develop about eight to ten years. You can, however, contract HIV from someone

is infected. For example, you cannot catch it by shaking hands with them or from their coughs and sneezes, or by touching objects they have used.

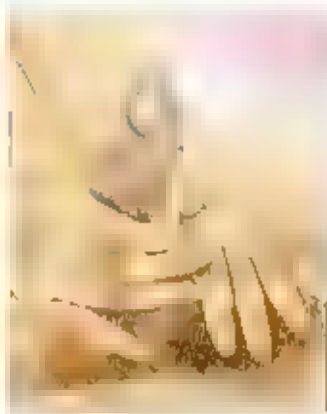
# CONDOMS

They continue to play a central role in the practice of safer sex. Not only do they substantially reduce the risk of HIV infection, they offer effective protection against other sexually transmitted diseases and pregnancy. The main objections to the use of condoms are that putting them on interrupts the flow of excitement, and that they reduce sensation for the man. The answer to the first problem is to get more comfortable making the task an erotic experience for both partners and an integral part of enjoyable sex. The second objection is somewhat exaggerated. It is true that in some cases, sensitivity is reduced, but this is not a price worth paying for HIV and other infections, including syphilis and hepatitis.

## PUTTING ON A CONDOM



**SQUEEZE OUT THE AIR**  
When you place the condom on the end of his penis, squeeze it gently to ensure that it contains no air.



**ROLL IT DOWN THE SHAFT**  
Use the other hand to roll the condom down the shaft of his penis to the base, using a slow and even action.



**WITHDRAWAL**  
Remind him to hold the condom on his penis after ejaculation and to withdraw before his erection subsides.



# USING A CONDOM



Make slipping a condom into your lover's penis a loving, sensual, and erotic action—and turn it into an integral part of your lovemaking. Begin by giving him a delicate genital massage—and then change your hand action from massage to gentle masturbation.

REMOVE THE CONDOM carefully from its packet, squeeze out the air by holding the tip between thumb and forefinger (a trapped air bubble could cause it to split during intercourse)—and use slow, sensuous movements to roll it into place. If your partner's not circumcised, gently push back at his foreskin before unrolling the condom.



## CHOOSING AND USING YOUR CONDOMS

Condoms must be of dependable quality—if it max-imum safety, avoid obscure brands and fancy (especially bumpy) patterns—and check the use-by date. Just as importantly, a condom must be used correctly: see use if it is not tight, it might slip off the penis or leak semen into the vagina during intercourse.

Condoms must never be reused, and you should be careful to avoid bringing them into contact with oil-based products such as vaseline, baby oil, and creams, which will break them down. Petroleum jelly (including Vaseline) condoms are made of latex, so this material is damaged and weakened by contact with it. If you need to use a lubricant, choose a water-based product such as KY jelly.

Some men and women dislike using condoms, but this is a learned aversion that can be unlearned relatively easily. As an alternative, try using female condoms, which fit into the vagina rather than over the penis for protection against infection during heterosexual sex. Use them specially ("dental dams") for cunnilingus. The condoms for female flavored condoms for male feel like a condom more enjoyable for a woman.



### MALE AND FEMALE CONDOMS

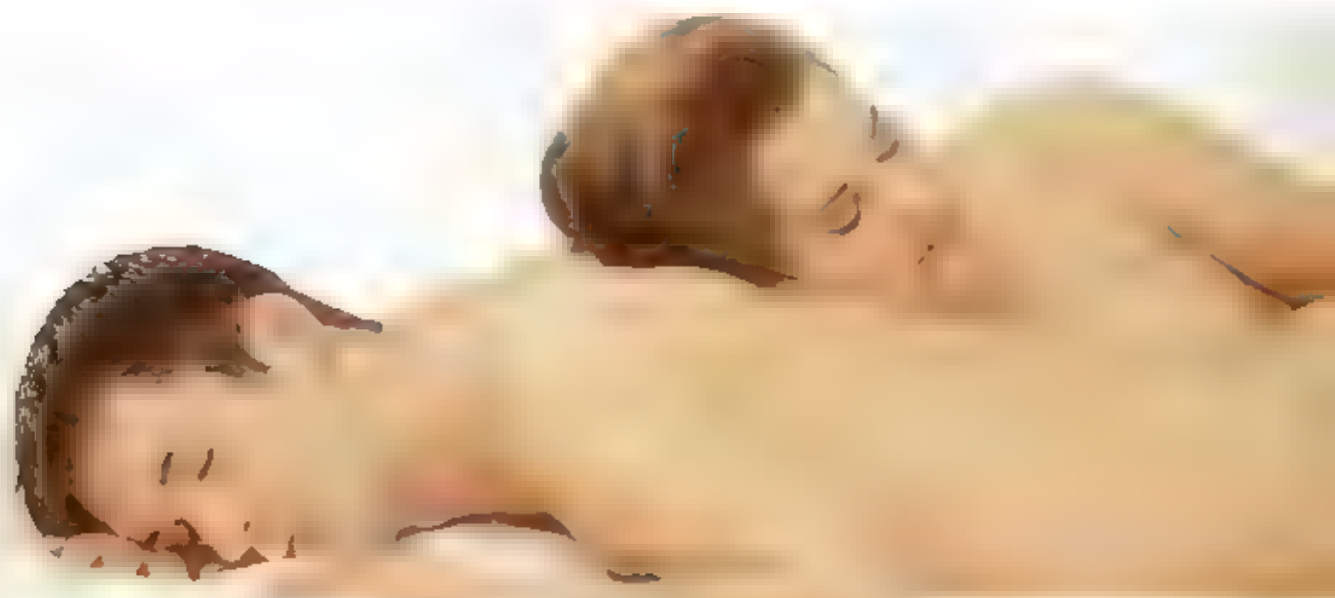
The female condom (top), which is relatively new on the market, fits inside the vagina. The male condom (bottom) fits over the penis.

# PROLONGING THE MOOD

Partners who genuinely care for each other will want to prolong the unique closeness that lovemaking brings, by staying close emotionally and physically. Having successfully formed an intimate bond, some couples do find that after a while they can risk more easily that things that matter to both of them as a couple are individuals. It is important to

be able to communicate about what you enjoy most about your sexual relationship, and indeed to feel free to tell your partner that there is nothing about you even making it so would affect change. Some couples know better than that, while making love while others find it easier afterward, as they look back on the pleasures, and the occasional disappointments, they have shared. Often, though, a couple will want to resume their lovemaking, in which case it might be

necessary for the woman to stop to take time to get her feet and legs back into the air to help her feel that the woman was not too much exhausted by the experience. In fact, the man may want to be to masturbate his partner to help her achieve orgasm.







## WHAT TO DO AFTERWARD

The *Kama Sutra*, mindful that lovers wish to prolong the special mood of intimacy that lovemaking creates between them, advises them on the sensual delights they should share immediately afterward. The details have, inevitably, changed a lot over the centuries, but the principles behind Vatsyayana's main recommendations still make sense:

"At the end of the congress, the lovers with modesty, and not looking at each other, should go separately to the washing room. After this, sitting in their own places, they should eat some betel leaves, and the citizen should apply with his own hand to the body of the woman some pure sandalwood ointment, or ointment of some other kind.

"He should then embrace her with his left arm, and with agreeable words should cause her to drink from a cup held in his own hand, or he may give her water to drink. They can eat sweetmeats, or anything else, according to their likings, and may drink fresh juice, soup, gruel, extracts of ment, sherbet, the juice of mango fruits, the extract of the juice of the citron tree mixed with sugar, or anything that may be liked in different countries, and known to be sweet, soft, and pure."

## REKINDLING THE EXCITEMENT



### RENEWING AN ERECTION

Gently fondle his testicles with one hand while sliding the other up and down his penis.



### ENHANCING AROUSAL

Brush the head of his penis by making featherlight, circular strokes with your palm.

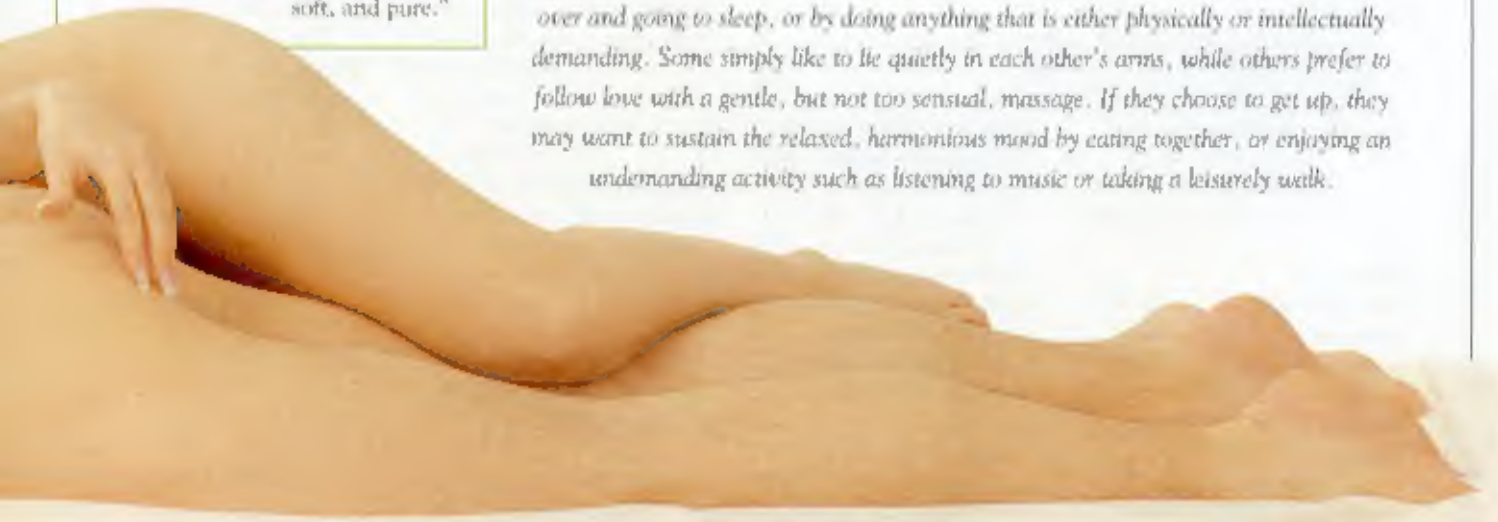


### HELPING HER TO ORGASM

If your partner has not been able to reach a climax during intercourse, or if she wants more orgasms but you are not yet ready to make love again, help her by using your fingers to stimulate her clitoris. Gently run your fingertips along the underside, on each side, and on top of it.

## SUSTAINING THE HARMONY

*Most lovers do not want to dissipate the warm glow of lovemaking by simply turning over and going to sleep, or by doing anything that is either physically or intellectually demanding. Some simply like to lie quietly in each other's arms, while others prefer to follow love with a gentle, but not too sensual, massage. If they choose to get up, they may want to sustain the relaxed, harmonious mood by eating together, or enjoying an undemanding activity such as listening to music or taking a leisurely walk.*





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